

# The Reopening of Our New World

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**As we walk through the reopening of our world, everything feels so different.**

Everyone must stay six feet apart.

No handshakes

No hugs.

We cannot get too close.

We must wear masks to cover our faces and protect us from things we cannot see. The plexiglass separates us. The masks remind us that life as we knew it has most certainly changed. We must now imagine the expression of warm smiles and communicate compassion through our eyes.

We find it harder to express what we used to say without words. We have awakened to a world where words mean so much more, where compassion must be verbal and heard instead of felt by someone's smile or touch. In some cases, words are all that remain to express our love, empathy and care.

We are grieving the loss of the events missed.

We are grieving the loss of loved ones.

We are grieving the loss of our assumptive world as we knew it to be.

We are grieving the lives we once lived.

And we're processing all of this grief while navigating the turbulent waters of divisive politics, social unrest, and an overwhelming sense of fear and uncertainty about the future.

**It's no wonder we're all sooo exhausted!**

Everyday life is no longer predictable, and our grief is much more complicated.

As we wait to find out the next steps of reopening, our sense of independence, safety, and belonging feel as if they hang in the balance. Our hearts, spirits, and minds remain in a constant state of stress, and our bodies are feeling the load of it all. We are living in continual protective mode with no end in sight.

**So, how do we stay sane and healthy during the reopening of our new world? One word: [Self-care](#).**

As Lalah Delia reminds us, **"Self-care is how you take your power back."** Take back our power? Sign me up!

You see, one of the underlying consequences of our current state of uncertainty is a feeling of powerlessness. What an awful, traumatizing feeling powerlessness can be. Pause for a moment and pay attention to how your body feels when you read the word 'powerlessness.'

Is it a tension in your shoulders?  
A queasiness in your belly?  
A tightness in your throat?

Wherever you feel it, pay attention to that feeling. Be curious about it without judgement until it softens, until you're able to release it. And while it's important for us to stop and acknowledge our feelings of powerlessness, we don't want to get stuck there.

In truth, there is much within our world that we **CAN** control, and self-care is at the top of the list. Below our team has assembled a list of self-care tips for your mind, body and soul as loving reminders of the strength that lies within you. Tape this list to your mirror or your refrigerator as a reminder of what you **CAN** do to support you and your loved ones during this uncertain time.

### 10 Ways to Take Control of Your Health & Wellness During Uncertain Times

1. **Take care of your body** – Start with healthy eating and daily exercise. It's amazing what simply moving your body can do to raise your spirits.
2. **Soak up the beauty of nature** – Make it a goal to get outside daily, to notice your feet firmly on the ground and be present to the sights, sounds and smells of the beautiful world that surrounds us.
3. **Surrender** - Identify what you can control and release whatever you can't.
4. **Practice creativity** - Learn a new skill or invest time in developing a new talent. Creativity can open new pathways in our brains, while reducing depression, anxiety and stress.
5. **Embrace laughter** - Seek out things that make you laugh, whether it's the latest Tic Tok or YouTube video or your all-time favorite comedy classic.
6. **Get inspired** - Explore books, scripture verses, poetry, and Ted talks that fill your heart.
7. **Become present to the present moment** - Today there are so many videos and apps, such as Calm or Headspace, which can provide you with guided mediation as a pathway to becoming mindful and grounded. One easy (and free) hack is to set an hourly reminder on your phone to simply breathe.
8. **Reach out** – No one is meant to navigate hard times alone. Reach out to trusted loved ones and be honest about your needs. Don't forget to ask how you can support them as well!
9. **Hold on to hope** - Rest assured, a place of comfort will come again soon. This storm will pass, and we will find a new sense of peace and community once again!
10. **Choose grace** – Remember we're all struggling these days. When you get the chance to assume the best about someone or gift them with grace, lean into that feeling. And hopefully, when you or I are having a tough day, someone will do the same for us.

**We're here for you.**

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