



Reflections

Think positive

WHILE we are still in the midst of the Covid-19 pandemic, the word 'positive' sounds rather scary and negative. I have felt lots of positive energy myself as I noticed the colours and enthusiasm at the Devon County Show and the England team's most enthralling victories at the Euro 2020 football matches over the last few weeks.

The prolonged suffocation caused by the threat of exposure

to Covid-19 infection, and associated fear of death, certainly hurts our economy, but also damages our entire psyche. I have heard and seen the harm caused by this repeated and unprecedented exposure in my roles as shepherd of our parishioners and as a psychologist.

It is important to follow all safety instructions in order to keep both ourselves and others free of Covid-19. But prolonged nature of anxious thoughts about catching the virus and

dying of it is more dangerous than the actual virus. Many of us seem to suffer from a fear of catching the virus, and I must confess I used to be one of them.

One of the ways I rebuilt my resilience towards this challenging situation was to bring in positive thoughts that are realistic. I used to say to myself that, as I have had two jabs, wear masks and gloves in other peoples' presence and maintain social distancing, I shouldn't be

too concerned about catching the virus. And even if I were to catch the virus, I feel confident I can fight it off. More importantly, I made it a point to listen to the news about Covid-19 just once a day, and focus on news happening in and around the town, the country and the world for the rest of the time.

I have heard from many people who feel better by adopting this way of functioning. People who believe in God and prayer also feel even better as they

go about their lives with less anxiety and more energy. "Rejoice in hope, be patient in tribulation, be constant in prayer" Romans 12: 12.

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