



Breathe in Faith, Breathe out Fear
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People with high levels of emotional resilience have felt beat up by life, they just don't dwell on the difficulty because they focus on the life-lesson. If you can relate to feeling overwhelmed, undervalued, empty, lonely, unloved, worried, depressed or afraid, then you understand the normal human emotions. You also don't have to stay down when you have the choice to think emotionally stronger thoughts. "We will get through this." "Other generations went to war and survived, we can too." There are many positive messages on the Internet or social media – look for those who are talking about recovery more than recession. Everyone feels overwhelmed at times and everyone has been too stressed to face the day.

Resilient people have learned to identify "*pandemic panic*" so they can make rapid adjustments to feel better fast. The real problem is when you feel so exhausted and beat up by life that your fears of tomorrow are blocking your creative energy. What about you -do you wake up refreshed to face another day with positive energy or do you live just below the level of panic day after day?

The Secret to resiliency is E-MOTION

The bottom-line to feeling stronger to break out of fear over a global pandemic is to remember emotion could be defined as E-MOTION. When you drift through life with no positive movement, you always feel worse. When you learn to get up and get moving toward an intentional goal you always feel better and stronger.

Try this simple exercise as you are sheltering in place the next few days. March in place and repeat three times, '*I will survive.*' I know it may sound silly, but if you look in a mirror while marching and swinging your arms in rhythm you can't help but smile. Just creating movement and motion will improve your mood and fire up your motivation. In other words, you have a lot more control of your mood and motivation than you ever thought possible. You control your use of e-motion in large part by making the next right decision to go in a positive or healing direction.

Moving from being Panic to Peace

Emotionally resilient people have learned to take positive action to break out of chronic fears about a global pandemic that they can't control. Everyone is facing this challenge and everyone may have some tough days but you can learn to face them with strength by doing the opposite of the formula listed above. You can try it either way. One path will lead to being motivated and empowered, while the other may ruin the day because of lethargy or moodiness. Hopefully you have some mentally healthy people in your circle who say, '*snap out of it*', '*get on track*', '*you can get through this.*' *What are your options, you always have options*'.

During this time of sheltering in place, who could you come alongside to challenge or encourage with positive steps to break out of panic or fearful thinking. Who in your contact list could you call with

some words of hope? Fear gets worse in isolation which is why healthy people allow safe people to help. Asking for what you need and if you don't have those people know there are safe people in safe places when you begin to look for them.

You are on this planet for greater things than fear over a pandemic. Let today be the day you break the process of continually dwelling on fearful panic to embrace feeling better. To count blessings instead of problems. To focus on self-care and personal strength instead of staying afraid. No matter what you are facing today, you will face it better by doing the opposite of the formula listed above so you can develop deep spiritual, emotional, financial and physical strength.

You have the power to change and make today better. Choose to break the formula and when you do it will ripple across your community with hope, faith and love. Those emotions have guided people to press on in the worst of circumstances through the centuries. They still work when you step up to live free of needless worry to spend your energy on moving forward. No one knows what the future will bring – but you can know how you will face it. Breathe in faith – breathe out fear. It will work for you, for your family and for those you care about. We are stronger together. Pass it on.

CDC.gov Medical Prevention and Treatment of coronavirus disease (COVID-19)

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Practice social distancing.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For more information to keep your family physically and medically safe visit:

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

About the Author

Dwight Bain is a nationally certified counselor and author on managing crisis to create positive change who lives in Orlando with his wife, two kids and four cats. Follow him on social media @DwightBain.

To learn more, visit <https://www.lifeworksgroup.org/counselors/dwight-bain>