

A Search for Calm in Uncertain Times



These are the strangest of times and we have all had to adapt overnight to circumstances that no one could possibly have imagined. People's lives have been turned upside down and inside out, against a backdrop of fear and uncertainty. We are all having to explore this new terrain and work out what works for us, each of us with our own individual challenges which are often multidimensional and impacting on many facets of our lives. Coupled with often distressing news this can be completely overwhelming. It may come in waves or it may feel like an incessant onslaught, so anything that can help us manage our internal response is beneficial.

I have found solace in the unchanging rhythms of nature, spring is springing unabated and the birdsong is more audible, the air cleaner. I am immensely grateful for all the humour, creativity and community support that has sprung up amid adversity. At times when things feel bleak I look to those for hope for a bright future when we have reached the other side of this period in our lives.

For now here are three free online resources that I found useful, all aptly connected by a focus on breathing. I hope you will find them helpful, too:

- Reducing stress and anxiety
- A Qi Gong routine to strengthen the lungs
- Guided Meditation

Reducing Stress and Anxiety

These four pages of pure gold are simply the best thing I have read about our reactions to the new reality and what we can do to stay calm and cope. The author acknowledges the reality of what we are going through and then gives several very useful tips on how to cope. Spoiler – it includes cake! Written by a lawyer/psychotherapist friend of a neighbour but unfortunately, I have not been given her name to give her credit. Click the link below:



If you are having a
wobble.docx

A Qi Gong Routine to Strengthen the Lungs

Whatever exercise you are taking already consider incorporating some mind/body routines like yoga, tai chi or qi gong. Qi Gong is similar to Tai Chi and very good for mind and body. [Qi Gong for the Lungs by Peter Deadman](#), is a simple 20 minute Qi Gong routine divided into three parts:

- Breathing
- Movements to open the chest and lung channels
- Slapping the chest – think of it as a vigorous pat!

Guided Meditation

My favourite meditation website, Mindfulness Exercises, has lots of free guided meditations including an [Introductory course](#) suitable for beginners. It took me a while to find a meditation resource that I liked and I think this is superb – they speak from experience, it is simple, very easy to listen to and as you progress through they address many of the common questions and issues that come up for people.

Although West Norwood Therapies is currently closed for any face to face appointments, we are offering [online sessions](#) in Self-Massage, Yoga, Tai Chi and Qi Gong.

Stay well, stay calm, stay home - hope and breathe!