

Oregon ACP: CARING For You

February 2022

"Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense." ~Ralph Waldo Emerson



Your Oregon ACP Wellness Team wants to share some brief thoughts with our community as this challenging time continues. We will get through this. The question is-- *How will this experience be shared within our community and how will we change?*

The photos in this message were taken at Short Sand Beach, Oswald West State Park, Oregon. They were taken on the same day and highlight the many changes in life and how things can look different when examined from a slightly different perspective, at a different time, or when colored by a different mood. (Courtesy of John Clements, MD)

"Nothing exists but momentarily... One thing flows into another... observe things as they are, let everything go as it goes. This is to put everything under control in its widest sense." ~Zen Wisdom



Your Oregon ACP Wellness Team cares about you. We're here to support you however we can. Let this *CARING For You* message serve as a reminder to take a moment for yourself, to reflect on [what keeps your heart in medicine](#), and to remember that what you/we are doing is important.

You are a valued member of our community. If you get tired, learn to rest, not to quit. If you find yourself losing heart, step back and remember you are not alone and you have others to lean on when needed. Ask for help. Trust. And notice what keeps you and others going so you can build on that.

"To display the lantern of soul in shadowy times like these - to be fierce and to show mercy toward others, both, are acts of immense bravery and greatest necessity. Struggling souls catch light from other souls who are fully lit and willing to show it." ~Clarissa Pinkola Estes



We encourage you to take care of yourself. We are sharing CARING messages, ideas, thoughts, and resources to help in difficult times; consider folding one or all into the coming month or refreshing your use of those you already use.

Use [Happiness Boosters](#) to ground yourself in difficult times. Listen to music, look at a photo, do a few quick jumping jacks or squats or dance! Pause and take some deep slow breaths. Jot down 3 good things that happened in your day. Show [Gratitude](#) by giving authentic praise, bringing a small treat to someone, or sending a quick note. Be intentional about taking steps that help. Focus on putting one foot in front of the other and on what is immediate rather than worrying about what may come later. Laugh out loud! Light the lantern of the people you are with; it will help you keep your own fully lit.

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” ~ Viktor Frankl



We know you are resilient and dedicated people, but in case you are hitting your limits or simply need to talk, we are including the ACP I.M. Emotional Support Hub [resources](#) here as well.

There's no one path for all of us.

Find what works for you. Find your team, your people, your “chosen” family. In a time when so much is being asked of you, we ask for this extra effort... because you matter.

“At times our own light goes out and is re-kindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.” ~Albert Schweitzer