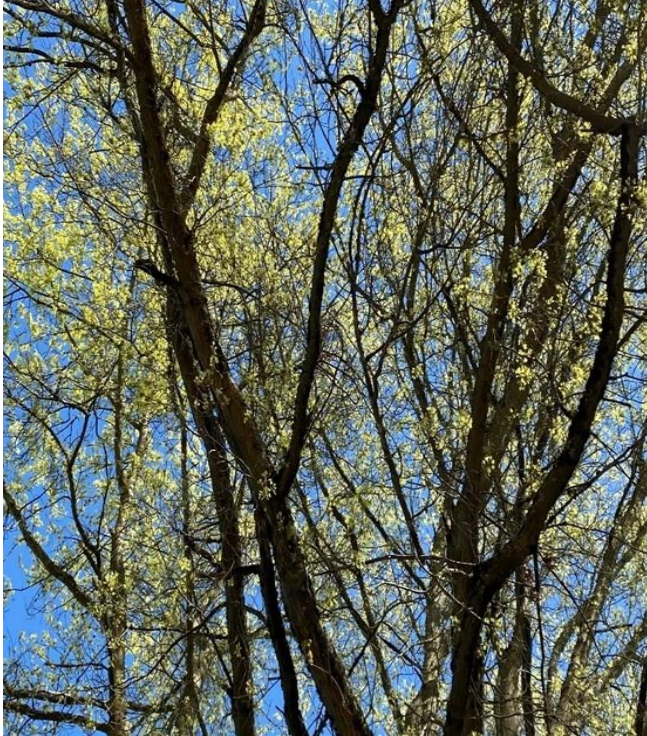


Oregon ACP: CARING For You

January 2022



PhotoCredit: J. Silberger

Your Oregon ACP Wellness Committee wants to share some brief thoughts with our community as we face down the next pandemic surge. We will get through this. The question is how will this experience be shared within our community and how will we change?

Kind words can be short and easy to speak, but their echoes are truly endless. ~Mother Teresa

Your Oregon ACP team cares about you. We are 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.

Of all the creatures I see in the landscape, the flying geese represent our best communion. They depend on one another. The lead goose does heavy work, but when it is tired, it falls back and another takes its place. To be able to rely on others is a deep trust that does not come easily.

Geese fly in the wake of one another's wings. They literally get a lift from one another. I want to be with others this way. Geese tell me that it is possible to fly with equals."

~Gunilla Norris

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 of the self-care techniques noted below into the coming month or refreshing your use of those you already use. 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.

Take this message as a reminder that ACP is part of your family – we know this is a difficult time, we are in it with you, and we are here for you.

Tiny SURVIVAL GUIDE

THE TRAUMA STEWARDSHIP INSTITUTE'S

PROTECT YOUR MORNINGS
[or whenever you wake up]
less cortisol, more intentionality.



GO OUTSIDE
[or look outside]
perspective, context +
something larger than this.



BE ACTIVE
[avoid stagnation]
in body, mind, spirit.

CULTIVATE RELATIONSHIPS
those that are edifying + healthy.

NURTURE GRATITUDE
what is one thing, right now,
that is going well?



DETOX
if navigating addictions
be wise + safe
limit news + social media.

SPEND TIME WITH ANIMALS
↓ stress hormones, ↑ comfort.



METABOLIZE ALL YOU ARE EXPERIENCING
re-regulate your nervous
system.

SIMPLIFY



[less is more]
be aware of decision
fatigue + cognitive overload.

ADMIRE ART
the gift of feeling transported.



LAUGH
pure humor = a sustaining force.

**FOSTER HUMILITY
& EXTEND GRACE**

self-righteousness
+ hubris = unhelpful.

SLEEP



to cleanse + repair brain + body.

CLARIFY INTENTIONS

how can i refrain from causing harm,
how can i contribute meaningfully?

BE REALISTIC + COMPASSIONATE

[with yourself]
be mindful of the quality of your
presence. it means so much
to others.



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Thank you for reading! Please watch for our future **CARING For You** messages.

The **CARING For You** messages and other resources can be found on the Oregon Chapter website www.acponline.org (choose chapters-Oregon).

OregonACP-CARINGForYou-JAN2022