

# Self-Care at St. Michael's Centre



Spiritual, Pastoral & Religious Care

## Special points of interest:

- \* **Transition happens**
- \* **Dealing with anger—'The Duck with a Human Mind'.**

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Transition Happens

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## Transition Happens

Work changes affect you and everyone at SMC, change is stressful. Yet it happens all of the time. Resistance to change is natural—and that resistance plays out in the following ways:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

Then we move to a neutral place of uncertainty—it's like Linus (from the comic strip Peanuts by C. Shultz) when his blanket is in the dryer—there's nothing to hold on to.

So what can be done:

- Talk it over but not with your workmates, with an outsider—insider talk only feeds the anger as everyone has an opinion that protects themselves—the hard work is done alone.
- Express how you feel—write, punch a pillow, draw a picture, cry.
- Allow yourself to acknowledge that this is a difficult time.
- Communicate and build trust and listen.
- Honour those who have been transitioned away from SMC by making careful

usage of language and words. To say that some one was/is 'fired' does not honour their integrity, their work ethic, their productivity—it suggests instead that they were unproductive, unethical, etc.

Transitional work is hard work and it is important to be clear about the 'facts' and about the 'feelings' - as 'facts' are not 'feelings' and it is too easy to confuse the same in our actions, thoughts, and words.

## The Duck with a Human Mind

After two ducks get into a fight, which never last long, they will separate and float off in opposite directions. Then each duck will flap its wings vigorously a few times, releasing the surplus energy that built

up during the fight. After they flap their wings, they float on peacefully, as if nothing had ever happened.

If the duck had a human mind, it would keep the fight alive by thinking,

by story-making. This would probably be the duck's story: "I'll get even. Who does he think he is? Just wait till the next time." And on and on the mind spins its tales, still thinking and talking about it days, months, or

or years later. As far as the body is concerned, the fight is still continuing, and the energy it generates in response to all those thoughts is emotion, which in turn generates more thinking, more anger, more planning, more emotion, more negative thinking and responding.

The hardest thing to do is "to let it go"!

What to do:

- Turn the tape off—stop playing the event over and over and over again in your mind.
- Move out of your 'feelings' into the 'facts' - disagreements happen!
- Find a way to talk about your feelings with a friend, or a counselor.
- Centre yourself and get back in touch with your understanding of who your God or Goddess may be.
- Exercise—go for a walk, run, go to the gym, ride your bike find a proactive way to burn off the negative energy. Our duck's lesson is this: Flap your wings—which translates as "let go of the story" - and return to the only place of power: the present moment.

**" Our prime purpose in  
this life is to help others.  
And if you can ' t help  
them, at least don ' t hurt  
them "**

The Rev'd. Randolph F.  
Bruce  
Manager Spiritual, Pastoral &  
Religious Care