

Bringing Light to the Darkness

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"If each and every one of us had a light heart, we could share it with others, and our energy in this world would change." Loretta LaRoche

As we approach the December holidays, our hopes and expectations for connection and joy may be tempered by pandemic mandates. As winter brings darkness and cold, we may feel colder this year due to isolation and social distancing. There might be financial stress and worry over debt and unemployment. There might be anxiety and apprehension about ongoing lockdowns. If you suffer from the effects of trauma and abuse, you may be suffering more triggers than usual.

Whatever the challenges that life shall bring, we have choice. Whatever the circumstances, hope can be found. My life experience confirms the wisdom of Leonard Cohen, who said, "*There is a crack in everything. That's how the light gets in.*"

How much light can we each bring to December 2020?

If there is isolation, reach out.

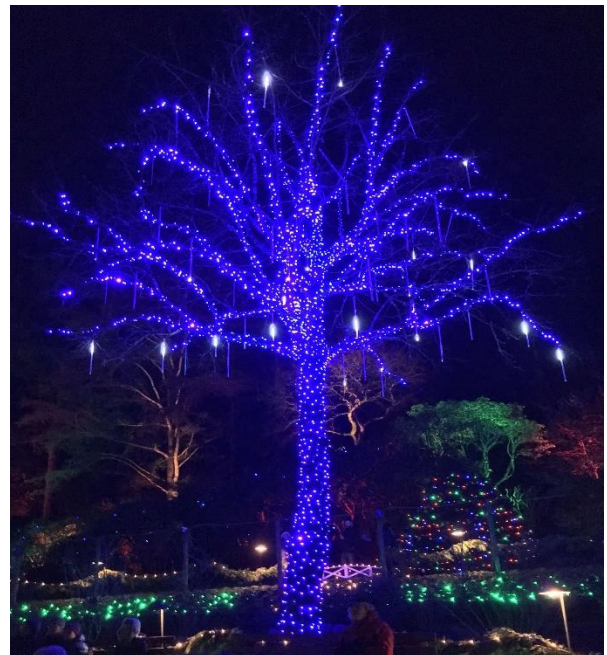
If there is fear, find courage.

If there is hurt or despair, acknowledge your feelings.

If you are sad, it's OK to cry.

If you want joy, find a way to laugh.

If you need support to do this, contact me.



Check out this Ted Talk, "How to Humor Your Stress": <https://www.youtube.com/watch?v=bZMJdhe4xhQ>