

## Letter from Secretary Helen McLucas

Dear All

I hope you and your loved ones are safe and well.

Who would have thought we would be where we are today? Most of us are vaccinated now however, the freedom to move about is not within our reach, yet.

The day-to-day repetition is tiring for most and we are missing our loved ones and friends, shared laughter and hugs. And, most of us are having a mix of good days and not so good days, which is completely normal. The aim is to have more good days than not so good days.

### **The Good News**

The question is how do we stay positive? And just as importantly, how do we help our family and friends to do the same.

The answer surprisingly is through our relationships and our communities. The longest study on health and happiness, by Harvard University is almost 80 years old. The key finding is that embracing community helps us live longer and be happier.

*"... our relationships and how happy we are in our relationships has a powerful influence on our health. Taking care of your body is important but tending to your relationships is a form of self-care too. Those relationship ties protect people from life's discontents."*

*"And those good relationships, they don't have to be smooth all the time. Some of our octogenarian couples could bicker with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn't take a toll."*

**Source: <https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>**

We do have community and we do have strong relationships within our communities. I know that you're in touch with each other and you are keeping your relationships strong. Perhaps, make it a daily habit to reach out to someone?

A dear friend sent a reflection to me the other day which stated ...

*"May we be directed through the chaos, rather than into it".*

**Source: Leonie Findlay**

It is pretty common now to feel stuck and frustrated at times. However, if we set a goal to move through this chaos and reach the other side, we may be motivated to choose to take small steps to move forward on a daily or weekly basis. This will help us and those around us to take back a semblance of personal control of our situation. We may need a little creativity because the familiar may or may not be a great source of comfort. Being curious and exploring unfamiliar options may bring a surprise and potentially a much-needed laugh or two.

### **A final thought ...**

When we find even a little more inner stability and balance in times of great change, we're more available for others. We're able to be there for our kids, for our parents, neighbours and community ... we're able to bring forth the beautiful qualities of our heart: kindness, patience, compassion, generosity. Then, our presence itself becomes a source of support, comfort and strength for those around us.

**Source: [OrenJaySofer.com](http://OrenJaySofer.com)**

Please pass this onto to those who may benefit.

Keep well my friends

Warm Regards  
Helen McLucas  
Hypnotherapist and Counsellor