Emotions are tricky, right? I mean we can have totally different emotional response to the same event, and sometimes even conflicting emotions within ourselves. And the way I understood how to deal with emotions was more pragmatic and behavioral. Basically, I learned that as long as I acted appropriately, it didn’t matter what my emotions were. So, when I felt angry, I was taught to scream into a pillow or go for a run. Or, if I was sad, it was okay to cry, but try to keep it mostly to myself. And I don’t think anyone intentionally taught me this, it’s just the way most of us deal with emotions.
But I’m slowly learning that emotions are so much more than that. And especially at a time like this, where fear or loneliness or boredom or even anger may be dominate emotions, it’s hard to deal with them well. And so, as much as this COVID 19 disease could possibly do incredible damage to our bodies, and has led to many deaths, emotions can feel like a disease that can lead to incredible damage, too.
I read this week about an Italian nurse who was diagnosed with the coronavirus a couple of weeks ago and then quarantined. This nurse, as we could imagine in Italy at this time, was under heavy stress and because she was terrified that she had infected others, she committed suicide. And though I don’t want to speculate too much, I just can’t imagine the emotional state of this nurse who contracted this disease and the pressure, even guilt, she felt. And though I don’t think anyone blamed or criticized her for getting this disease, she obviously felt a responsibility for it.
And I don’t want to blame anyone or say we should have done things differently. But sometimes our response to events like this can add unnecessary pressure to us and others. And we don’t do it intentionally but because we are scared, angry, even panicked, we respond harshly and overbearingly to those around us.
And so, I certainly share everyone’s concern about the physical damage that COVID 19 does to the body, especially in those more susceptible to it. However, I also know that there is a very real emotional connection to this situation that we need to be aware of as well.
So, that being said, pay attention to your emotions and of those around you. And remember that you and others are dealing with a heavy dose of fear, loneliness, boredom and a whole host of feelings. And those emotions WILL impact how we treat ourselves and respond to others.
So pray. Pray especially when you feel those strong emotions. And know that the God who created our bodies and our minds loves you with a never giving up, always and forever love and will provide what you need. God bless.