

WHOLENESS MOMENT

from Board University



In the midst of the coronavirus pandemic, many of us are experiencing acute stress. So which spiritual practices help us experience a sense of calm when stress overwhelms us? Carrie Doehring, Ph.D., Clifford Baldrige Professor of Pastoral Care and Counseling at Iliff School of Theology and CREDO faculty member, notes that by attending to our basic needs (water, food, safe shelter, sleep), we are better able to identify practices that calm us. Once you have practices that re-center you, strategize how to engage them every time you experience acute stress.

Using such spiritual practices fosters self-compassion, which attunes us to our unique stress fingerprints — the ways we experience stress in our bodies, our emotional responses, and fear-based beliefs. Those we trust can help us explore our stress fingerprints and find intentional, life-giving beliefs that give a sense of purpose to each day. Finding moments to check in with each other helps us practice compassionate spiritual accountability and keeps us afloat.