

# numa

caring for the spirit in island health

## THE PAUSE BY MARNIE ROPER, SHP AT CDH

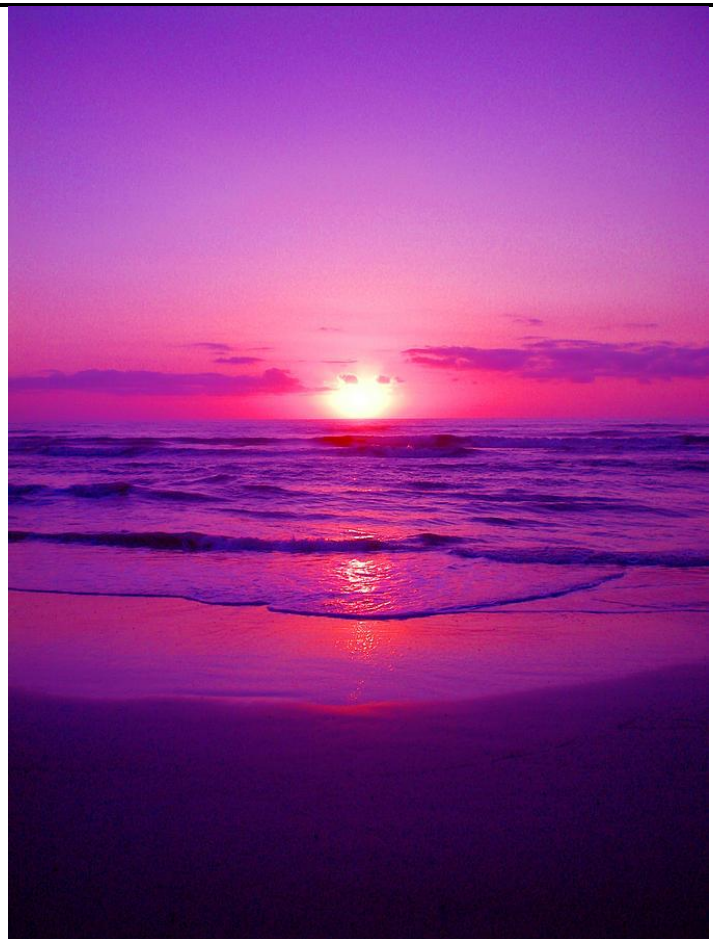
In a recent NUMA, Spiritual Health Leader Darren Colyn wrote about Lupe the “calming goat,” and our own capacity to be “people of calm” in the midst of turbulent circumstances. I see that such calm is possible when we attune to the inner and outer / relational resources that give us a sense of *safety, grounding, strength and purpose*.

In body-focused approaches to healing trauma, intentional “resourcing” practices are used to help regulate a person’s nervous system. The experience of acute or frequent stress can interrupt our natural ability to discharge the energy of activation and relax. Tension and discordance can build in our bodies, minds and hearts, manifesting as physical, mental and emotional imbalance.

The practice of resourcing starts with identifying what resources we have and then engaging them. The more frequently we engage the more quickly and easily we can regulate. Beyond nervous system

The right word may be effective but no word is as effective as a rightly timed pause.

Mark Twain



regulation, resourcing supports our growth as resilient, wise, compassionate, skilful and whole people. Like a calming goat, we become a resource for others to empathetically attune to, or co-regulate with.

The COVID-19 pandemic is drawing our attention to how profoundly interconnected we are across the world and that we are part of a great and subtle ecosystem. Research on interconnectedness between humans shows not only how our external actions but also our thoughts, emotions, physical systems and energy effect each other. For example,

according to findings of the *HeartMath Institute*, the magnetic field of our hearts can be measured several feet away from our bodies. While we may not be consciously aware of what is happening in each other's hearts we still unconsciously respond. Spiritual and cultural traditions across the world have long carried the knowledge of our interconnectedness as well as practices for resourcing, and serving as resources.

What are the inner and outer resources we can attune to in these turbulent times? How can we develop our sense of safety, grounding, strength and purpose in order to be people of calm?

In 2017 Island Health's Spiritual Health and Organizational Development teams created a "Pause" practice, ([see below for links](#)) which has been used in team meetings and leader forums across the island.

The purpose of the Pause is to help us attune to such resources as the rhythm of our breath; the power of attention and intention; our perceptive abilities; our innate love and compassion, and our ability to direct that towards ourselves, others, and our environment

Across Island Health may we all connect with the resources we need, and grow in our capacity to be resources for each other – supporting our individual and collective health and wellbeing, and that of our loved ones, communities, and those we serve.

## The Pause

Full Version ([text](#) / [audio](#))

Brief Version ([text](#) / [audio](#))



## Spiritual Health is here for you!

Spiritual/emotional support for patients, families and staff across the island is available from 8AM-8PM, Monday – Friday.

**Call: 250-755-7691-ext. 54428**

**Email: [spiritualhealth@viha.ca](mailto:spiritualhealth@viha.ca)**

Staff are encouraged to continue sending site specific referrals to the Spiritual Health Practitioners at RJH, VGH, SPH, CDH and NRGH.

Any questions regarding Island Health's Spiritual Health program can be directed to Darren Colyn, Spiritual Health Leader at [darren.colyn@viha.ca](mailto:darren.colyn@viha.ca)

NUMA (Greek for "spirit/breath") is produced by Island Health's Spiritual Health team to draw awareness to issues of spirituality in health care. The editor of numa is Darren Colyn, Spiritual Health Leader.

For more information on the Spiritual Health program and to read past issues of NUMA click [here](#).