

MARCH  
2022

# MORE YEARS, MORE LIFE



# TAKE CARE OF OUR BODY

## TAKING CARE OF THE MENTAL HEALTH: TODAY'S PRIORITY.

During the last two years society has been affected in a global and unexpected way by the pandemic. This experience has generated consequences at the level of physical and an emotional health both in the short and long term. In this new reality we wonder what the current need to take care of mental health is like.

First of all, it is important to assess **the mental health consequences that the pandemic itself has had, such as the constant presence of fear, a feeling of lack of control and helplessness, and losses both in terms of health and material things and opportunities.** Secondly, confinement has generated isolation and situations of coexistence between people who have had to learn how to share a limited space in an intense and abrupt way.

However, beyond the direct consequences coming from the pandemic and confinement, **there has been a very strong indirect impact on mental health.** Isolation and the sudden stop of the incessant activity that existed before the pandemic have had as side effect that people have been forced to stop and connect with long-undigested emotions, and with their suffering.

**Before the pandemic, perpetual activity, large working hours and constant action were rewarded, causing a flight from oneself,** from one's thoughts and emotions. Last year has entailed a physical break to action and a forced implementation of a space to face one's own emotions and to be able to think about them.

We are aware of the impact this break has had on the increase in anxiety and depression in people. The recent increase in demand for psychotherapy is a consequence of the awareness of the need to get help to confirm and be aware of one's emotions, and then to be able to understand and change them, instead of running away from them.

**The current need for the mental health is to give oneself a space to stop and give meaning to sadness, fears and frustration.** It is the way to stop feeling persecuted by the past and to live the future with anguish. Going to psychotherapy is choosing a different path in which to be able to work on oneself and to change the usual patterns.

## Living in a hurry: How does it affect our mind?

“Speed is a way of not facing what is happening to your body and your mind, of avoiding important questions. (...) We constantly travel in the fast lane, loaded with emotions, adrenaline, stimuli, and that means that we never have time and tranquillity we need in order to reflect and ask ourselves about what is really important. (Honoré, 2010)”.



This phrase, taken from the book “Praise of Slowness” by Carl Honoré, makes us think about the way we usually spend our days and how we face difficulties. Certainly, we tend to live in a hurry, filled with activities that prevent us from even thinking about the situations that generate conflict or anxiety to us. Living in this way becomes a maladaptive strategy: it can relieve discomfort; but only momentarily and these, sooner or later, end up becoming more serious or unmanageable. It is opportune, then, to take our foot off the accelerator and look

for spaces such as psychotherapy, where we can stop to think about what is really important and thus meet with our selves, without masks, trying, in this way, to find healthier tools to face what causes us suffering.

### How can the psychotherapy help us?

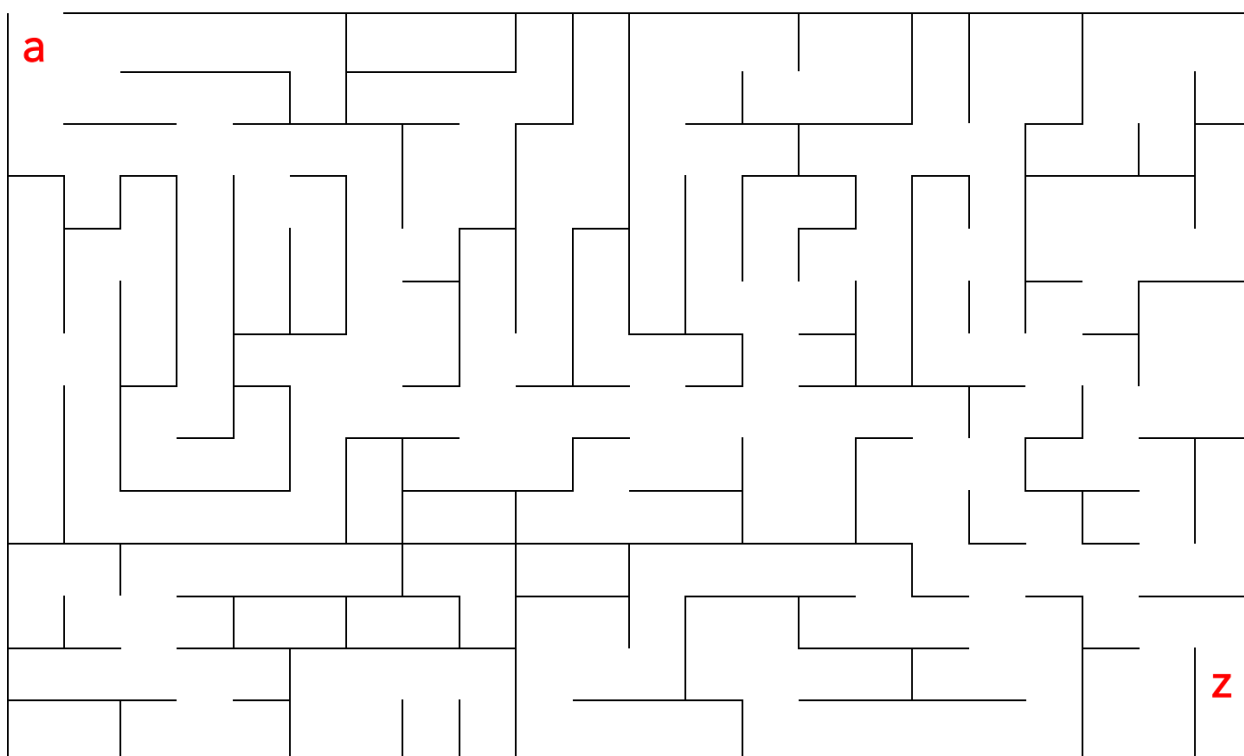
Psychotherapy offers us a space of pause, specially designed to listen to our voice and what happens to us in a contained and calmer way. It offers us professional company and the construction of a secure bond with which to be able to walk the path of understanding what hurts us and makes us suffer. Psychotherapy opens us the door to change, helps us to stop running to cover up, so as to start walking without repeating behaviours and ways of relating that hurts us. Undoubtedly, psychotherapy is an extremely valuable place to slow down and be able to think about what we need and what is important to us.

*Diana Tachon*

*Diana Hernández Faon*

# TAKE CARE OF OUR MINDS

1. Shade the path that leads from the letter a to z.



2. Find in the box the following sequences of letters. They can appear vertically or horizontally.

A B C D E

F G H I J

K L M N Ñ

O P Q E S

T U V W X

Y Z A B C

M	N	B	V	C	X	Z	Ñ	L	K	J	H	G	F	D	S	A
T	A	B	C	D	E	D	F	G	H	J	K	L	Ñ	M	N	B
V	C	X	Z	P	L	M	Ñ	Y	Z	A	B	C	O	J	F	N
B	H	K	U	Y	G	V	C	F	T	R	D	X	Z	S	G	E
W	A	L	Q	S	C	E	D	V	F	R	Y	G	B	N	H	T
Y	H	M	J	U	M	K	I	L	O	P	T	M	N	B	I	V
C	X	N	Z	A	S	D	F	G	H	J	U	K	L	Ñ	J	P
O	I	Ñ	U	Y	Q	W	E	R	F	T	V	R	E	W	Q	P
G	L	Ñ	J	H	G	F	D	S	A	Z	W	X	C	V	B	N
Y	H	N	U	O	P	Q	E	S	Y	T	X	F	C	X	D	E
W	S	Z	A	L	J	I	O	N	P	B	U	H	V	G	T	R

# TAKE CARE OF THE ENVIROMENT

## OUR FATHER (ECOLOGICAL)



**OUR FATHER**, who are in Heaven,  
You also lives in the air, in the soil, in the forests, in the oceans.  
Holy be your Name,  
in the care we may do of your creation.  
May your Kingdom come,  
to everything that You may see with good eyes.  
Thy will be done on earth as it is in Heaven,  
your will to create and also to preserve.  
Give us this day our daily bread,  
so that everyone can have enough to live life to the fullest.  
And forgive us our sins,  
our ambition, our exploitation,  
our lack of care for other species and for future generations.  
As we forgive those who sin against us,  
reconciling ourselves with justice and peace.  
And lead us not into temptation,  
the temptation to turn dominance into exploitation.  
But deliver us from evil,  
the evil of destroying the gift of your creation.  
Because Yours is the Kingdom,  
Yours, Lord, not ours.  
The power and the glory  
in the cross and in the resurrection,  
For all the centuries  
You were in the beginning and You will be until the end. Amen.

<https://www.youtube.com/watch?v=3G-4xua3njM>

# TAKE CARE OF THE SPIRIT

## *Difficulty as opportunity*

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In old age, we have to change the mentality of wishing for a so-called happiness without pain, without effort, without problems, since painless happiness is an illusion.

We seek an old age in which we hardly experience any lack or difficulty. We want the bonanza, because before there have been many storms.

We all know that educating children so that they have everything and do not experience any setbacks is to achieve a soft, weak, capricious generation, without resistance to pain and frustration.

We like psychological maturity without facing the problems of

immaturity itself. Dangerous old age is the one that evades in idealizations, without stepping deeply into the mud of the earth, and thinking only of ourselves, and not worrying about the problems of others and universals. Sometimes in old age we need to achieve, based on effort and trust in God, to humanize ourselves and humanize others.

We have to learn to live old age from service, selflessness, generosity, openness to the mystery, the search for the common good and the decrease in the standard of living and consumerism.

Accepted and assumed suffering takes us out of our egoism, since greed is as old as history.

Although difficulties do not seem to bring joy, you have to maintain strength so as not to let yourself be seen by discouragement and weakness. Old age invites us to put our trust and hope in that God who is Father.

Old age that, if he does not live from faith, he has the danger of being reduced to a continuous descent, where the horizons are getting narrower; where suffering grows without ceasing and where all the doors to true joy are closing; where you only look down and horizontally and stop looking up.

We do not realize that, despite the fact that there are many doors that are closed to us, the door is always open, which is Jesus, to access eternity. But God's ways are not our ways.

He is not good, in old age, to shut us up in our anxieties and needs; or believe that we will become happy, only, with a comfortable life and without difficulties. Old age is a time to discover that there is something more than material well-being, the consumption of things and the value of security. Neither the purely external nor the many or few years that one has changes our heart.

Old age is the time to learn to resist the frustrations that life brings. It is the time to ask the Father to show us the path that, through a narrow door, leads to that God who awaits us.

Jesus, in the midst of agony and pain, did not come out with a complaint, but words of love and forgiveness. Is Jesus who sustains us in our many weaknesses and miseries, temptations and sorrows.

The path of holiness consists more in taking things away than putting them in. It is necessary to reduce the path to simplicity, rather than complicate it with new things. It is detachment from our disordered love.

It is about knowing how to accept, in old age, silence; and see it as a sea where our thoughts can navigate. Since a good thought, a word read at random in a book, a phrase from the Gospel, are enough to undo the darkness and fill our soul with light.

With faith, in our old age, a path of dawn opens; it is as if a spring succeeded the winter landscapes of the soul.

Old age well-cared for gradually humanizes us, transforming ourselves. Life must be made to grow from within to convert it into works of humanity. Epictetus already stated: «It is not what happens to us, but how we react, that matters» .

Faced with the difficulties of old age, instead of complaints and despair, we should see them as an opportunity to make ourselves better and more human.

When, in old age, doubts hover over trust, it is necessary that we take difficulties as an opportunity for humanization and growth.

### **We read, we reflect, we share:**

We live in the time of Lent, I read the text and I think:

Is this article related to Lent? Where do I see it?

Is there Lent without Resurrection? Is there old age without the resurrection? What would it be like if it were?



Sisters of Charity of  
Santa Ana

Your opinion is important to us:  
If you want to give us ideas, if we can improve something ... tell us!  
Hna Crisanta Cordero: [crisantacor@gmail.com](mailto:crisantacor@gmail.com)  
Hna Rosa M Muñoz: [delegformacion@gmail.com](mailto:delegformacion@gmail.com)