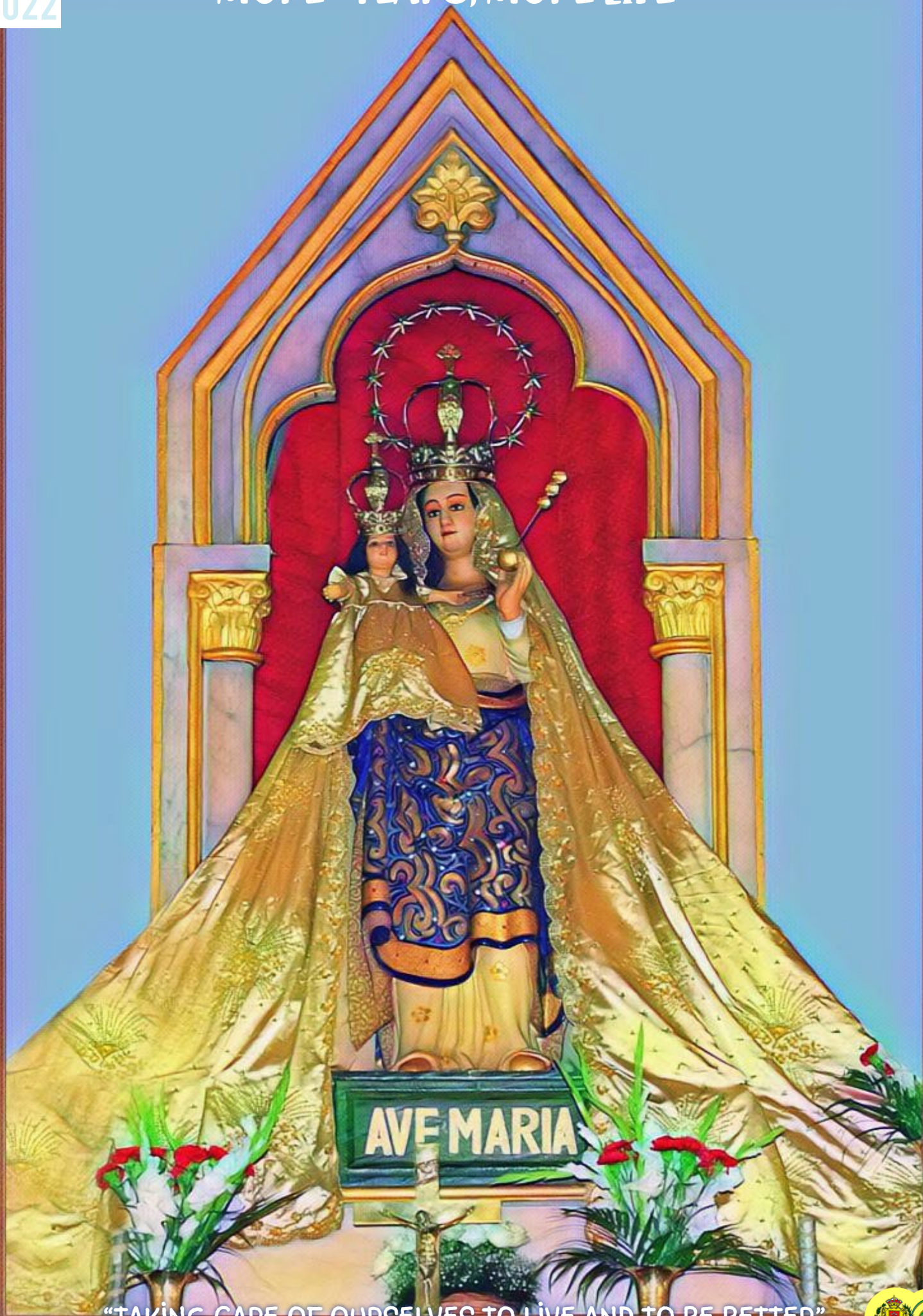


MAY
2022

MORE YEARS, MORE LIFE



"TAKING CARE OF OURSELVES TO LIVE AND TO BE BETTER"



TAKE CARE OF OUR BODY

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

“Hurry is a way of not facing what is happening to your body and your mind, to avoid important questions. (...) We constantly travel through the fast lane, full of emotions, adrenaline, stimuli, and that makes that we never have the time and tranquillity we need to reflect and ask ourselves what is really important. (Honored, 2010).”

This phrase, taken from the book “In 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, full of activities that prevent us from even thinking about the situations that generate conflict or anxiety. Living in this way turns out to be a poorly adaptive strategy: it can relieve discomfort; but only momentarily and these -sooner or later- end up aggravating or becoming unmanageable. It is opportune; then, that we 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 ourselves without masks, trying, in this way, to find healthier tools. To face what causes us to suffer.

How can the psychotherapy help us?

Psychotherapy offers us a space for 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 walk the path of understanding what hurts us and makes us suffer. Psychotherapy opens the door to change, helps us stop running to cover up, to start walking without repeating behaviours and ways of relating that hurt us. Undoubtedly, psychotherapy is an extremely valuable space to slow down and be able to think about what we need and what is important to us.

Diana Tachón

Anxiety: a state of constant alertness.

Many people are in a situation of anxiety, complain and suffer from a physical and mental sensation that overwhelms them. They are worried, have intrusive thoughts, and are restless and irritable.

For some, what most strikes them is what they feel in their bodies: tachycardia, tremors, dizziness, constant pressure on the chest, sweating, emptiness in the stomach, shortness of breath. Many go to the doctor anticipating a physical illness. Before the psychologist the patient with anxiety reacts as if there is a real danger, although in reality his life is not at risk.

The body emits an anticipated response, prepares itself to face imminent danger that is why anxiety feels like being in a constant state of alert.

When anxiety is felt, the will fails, even if the person tries and does everything possible not to feel it, the anxiety is still there. Meditation, breathing exercises, repetitively repeating calming phrases help, but many times they are not enough. Because, although anxiety is felt in the body, its root is in the mind, the body speaks and expresses something that the mind cannot.

A picture of anguish can be triggered by a crisis situation: a loss, the death of a loved one, a change of country, conflictive family or community relationships, difficulties at work. But it can also happen that the cause of the anguish is not obvious and that the person does not know why they feel so much discomfort. In any of the cases, anxiety appears as an attempt by the psyche to communicate that something is not right and it is important to listen to this call.

It is important to take into account that the cause of anxiety for each person is particular and subjective, although there are situations of greater vulnerability, its meaning and the experience of each person is unique. Well, each one suffers depending on their current context, their life history, the early experiences of their lives, the way their affective relationships were woven during their childhood. Therefore, it is within this framework that one must investigate in depth to elucidate the cause of their anguish. The pain of each one is particular, there are no preconceived causes for what each one feels.

Cómo ayudar

**Empatiza.
Hazle ver que estás ahí
para ayudarlo**

**Acompáñale.
El paciente puede que
no sepa cuál es el objeto
de su ansiedad**

**Demuéstrale que estás
ahí para escucharle sin
juzgar**

**Aceptar las
circunstancias**

TAKE CARE OF THE ENVIROMENT

We invite you with this video integral ecology, which allows us to establish a community dialogue that enriches our spirituality.

<https://www.youtube.com/watch?v=i7MvmNI2eRg>



TAKE CARE OF OUR MINDS

Color two squares whose sum is 60, then add the necessary figure so that the squares add up to 105.

15	29	—	20	17	—	28	—	21	39	13	—
31	—	16	40	25	35	9	32	—	25	47	21
14	—	—	43	36	24	26	11	33	—	19	13
24	36	17	10	—	22	—	34	27	12	—	41

TAKE CARE OF THE SPIRIT

NIGHT FALLING IN OUR DEEP SELF

All of us, as young people, have a very beautiful idea of the mystery of life. But as life goes by, the interior begins to crumble. Life is not what you dream and our own experience makes us touch our weakness and our limitations and the limitations and weaknesses of others.

The light of our dreams is fading and in a poetic way we could say that it is getting dark inside us.

That expression of the disciples of Emmaus that narrates the gospel and that is reflected in the expression of the two disciples "We waited" (Lk 24,21)

They leave Jerusalem sad, they leave the community discouraged. They leave Jerusalem with a spirit full of disappointment and despair. His intimate being is inhabited by sorrow.

There is no time to wait. The events that took place belie his hope. In old age there is a danger of experiencing within ourselves something similar to what the disciples of Emmaus experienced. In old age it seems to us that hope, consolation and life evaporate.

That is why there are so many sad old people, who almost always look out for their interests. Accustomed to running after all kinds of joys and satisfactions, they do not know how to savor the hidden but authentic joy that is contained in the free delivery to those who need us.

Loving the one who loves us and being kind to the one who is kind to us can still be the normal behavior of a selfish person, who always looks out for his own interest.

The egoist also loves very much those who love him very much. But to love is not to pass by before those who need us.

Jesus wanted us to learn to love not the one who pays us the best, but the one who needs us the most. In old age we should ask ourselves if we seek to give or seek to receive.

What causes the most damage in old age is not the years and biological diseases, but rather having a heart that does not know how to love freely, because they become sad people locked in their selfishness.

Old age. Time to learn how to go from sadness to true love. Saint Ignatius in his Spiritual Exercises says: "Let each one think how much he will take advantage of all spiritual things, when he comes out of his own love, will and interests" (EE 189).

A person who does not come out of his egoism does not know what true love is and will live a sad life and not a happy one. The selfish person has to learn, whether young or old, to move from sadness to love.

In these moments, it is good to remember the text of the appearance of the risen Jesus to the disciples locked up by discouragement: "He breathed on them and said to them: Receive the Holy Spirit".

In old age we need that breath of life from Jesus, in order to free ourselves from our fears, our discouragements, our mediocrity and lack of faith in his creative force.

A little scared by our weakness, we take refuge in our sorrows and live in a void that we believe that no one can fill.

However, Jesus is always in our lives and comes to put light in our darkness. He gives us the strength of his Spirit, that breath of life that seems impossible to find in us.

In old age, efforts and work are not enough to shed light on our darkness. Only Jesus can trigger the change of horizon and give us the new climate of peace and serenity that we need so much to open the doors and breathe new horizons.

For this we have to learn to welcome his presence in our midst with faith, and gradually overcome the doubts and fears that still make us live with closed doors. In that breath of the Spirit that gives us outside, light, breath, peace, comfort. But all this almost always occurs discreetly, silently and quietly. Sometimes, however, certainty invades us, overflowing joy and total trust: God exists and loves us.

The Holy Spirit is always the "giver of life": dilates the heart, resurrects what is dead in us, awakens what is asleep, sets in motion or what we have blocked.

The one who, in old age, lives that encouragement of the Spirit lives everything in a different way: from a deeper truth, from a greater trust, from a more selfless love.

That encouragement of the Spirit is the best gift we can receive, because it takes us out of discouragement and makes us live old age with more peace and tranquility, living in harmony with ourselves and with others.

We still have flaws and limitations. We are not immunized against sin; but we do not allow ourselves to be absorbed by the problems and conflicts of life. Our wishes, words and decisions are unified. In old age we need to pray that prayer:

“I want to find Your gaze in doubt,
Search for Your path while walking,
continue without fear on the road,
your steps, knowing how to find them.
You are the light of my waiting,
The evening Star of the sunset.
you are the true reasoning,
the breath that feeds my faith”.

Those who, in their old age, feel that night falls within them, should remember that scene in which Jesus breathed on the apostles (and on us) “a breath of life”



We read, we reflect, we share:

We remember the disciples on the road to Emmaus:

What saddens my heart? What hopes have been frustrated?

Where do I recognise the presence of the Lord Jesus? What makes me go and pass it on to my sisters?



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!
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