

INTERNAL PEACE IN A CHAOTIC WORLD - PART I

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*“Peace I leave with you, my peace I give to you - not as the world gives do I give unto you. Let not your heart be troubled, neither be afraid.”
John 14:27*

We find ourselves in a time when peace is a hot commodity! Everywhere we look it feels like the world is in chaos around us. Practically speaking, how can I have peace internally - in heart and mind - when everything around me is in chaos?

I. JOURNEY OF CHANGE =

Moving from “Old Normal” - Through Transition - To “New Normal

We are all on a “journey of change” right now. It’s like we started out in a boat tethered safely to a familiar dock. (Old Normal) Then a tsunami hit! (COVID) We find ourselves thrown from the safety of the dock, drifting on a raging sea—and landing on an unfamiliar Island. We are wandering and experience a myriad of emotions as we try to find our way—hoping to get back to the safety of our familiar dock. Eventually we will come through the Journey of Change and arrive at our “new normal.” What follows are some thoughts and tools to help us through the journey.

II. EMOTIONS

1. God gave us emotions - they are not “Bad” or “Good. They just are. God made them. Pieces of information that help us tune in to what’s happening on the inside of us. Emotions are physical energy - energy states. Ex: excited - get moving, sad - slow down
2. Sometimes we get stuck in our emotions and they take over our lives. We often do not know what to do with them so we distract ourselves. (News, Netflix, Drinking, etc)
3. Not dealing with feelings is like pushing a beach ball under the water. When we release it it flies up. If we do not deal with feelings they will eventually come out in an unhealthy way.
4. We can learn to manage difficult emotions. Here are some tools.

TOOLS TO DEAL WITH EMOTIONS

“1-8-90” (Dr. Joan Rosenberg)

“One Question” “Eight emotions” “90 Seconds”

- One Question:

What am I feeling right now?

- Eight Emotions:

- Anger
- Disappointment
- Embarrassment
- Frustration
- Helplessness
- Sadness
- Shame
- Vulnerability

- 90 Seconds:

It takes 90 seconds for the physical response to an emotion to cycle through our bodies.

What we resist persists, so here is how to use “1-8-90” face your emotions:

1. Identify the emotion:

Ask, “(YOUR NAME) What are you feeling right now“

Step back from the situation - Speak your own name and identify the emotions(s) you are feeling.

2. Acknowledge the emotions: Say: *“I am in a moment of (anger) right now”*

3. Practice of self-compassion through the 90 second physical cycle

- HEART **FOCUS:** Place your hand on your heart and fix your thoughts on the beating of your heart.
- HEART **BREATHING:** Breathe in slowly - 5 seconds inhale - hold for 5 seconds.
Exhale through nose
- HEART **FEELING:** Think of something you are grateful for; something that allows you to feel love, appreciation, kindness, security

An emotion goes through a 90-second physical response. The more we focus on the thoughts that produce the feelings, the more we may cycle through the physical response.

Practicing **self-compassion** during difficult emotions or any time you are suffering improves your general well-being, settles down your mind and body, improves your immune functioning, decreases anxiety and depression, and increases your compassion for others.

Self-compassion has three primary components

- Being present in the moment you are in (mindfulness)
- Recognize your experience is common as a human being (common humanity)
- Kindness—be as nice to yourself as you would be to someone else who was experiencing sadness, frustration, disappointment, etc.

Tell yourself: ***“Pain and suffering are common to everyone. I’m just being human. No one is perfect, nor am I. Therefore, I CHOOSE to be kind to myself in this moment.”***