

Community Institute for Psychotherapy

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2021-2022 News & Notes



September 2021 News and Notes

A Wellness Check-in

By Robin Joy Berenson, PhD, LMFT

“We are all in this together,” is a phrase heard often since the beginning of the pandemic. All of us, regardless of our circumstances, have been through a tremendous ordeal these last 18 months.

It is also true that each of us has experienced this period differently. Many have had major upheavals while others have had minimal disruption; still others have experienced terrible losses. Whatever your experience, it makes sense to examine the ways, both negative and positive, with which you have coped with the challenges.

Write it, share it. As you consider the questions and topics below, it may be helpful to write out your thoughts, feelings, and discoveries. Think about sharing your insights with family members, or talk with others as you look ahead to determine next steps.

What has changed? Many households have reported a rise in alcohol and drug use; increased marital conflict; more domestic violence and abuse; increased eating disorders and sleeping difficulties. Many have given up regular exercise and healthy routines. Plan to take action now to resolve these issues.

Lessons in resilience: For all that the pandemic has taken from us, it has also given us the opportunity to glimpse the amazing resilience to meet and overcome adversity that resides in each of us.

Consider the challenges you and your family have had to confront and the ways in which you met them.

- What are you grateful for?

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- What temporary changes did you make that helped to answer a need?
- What long-term adjustments have you made to help you move in positive directions?
- What have you learned about yourself and the resources, both inner and outer, that have gotten you through?

A time for reflection. For many this period has been a time for reflection, a chance to examine both small and major lifestyle choices. For some, this time has brought into focus larger, more existential questions, such as the meaning and purpose of one's life, or the inevitability of loss and death.

Get help if you need it. If you are feeling overwhelmed, depressed or anxious, don't hesitate to reach out for the help you need.