

# numa

caring for the spirit in island health

## I AM L.U.P.E.

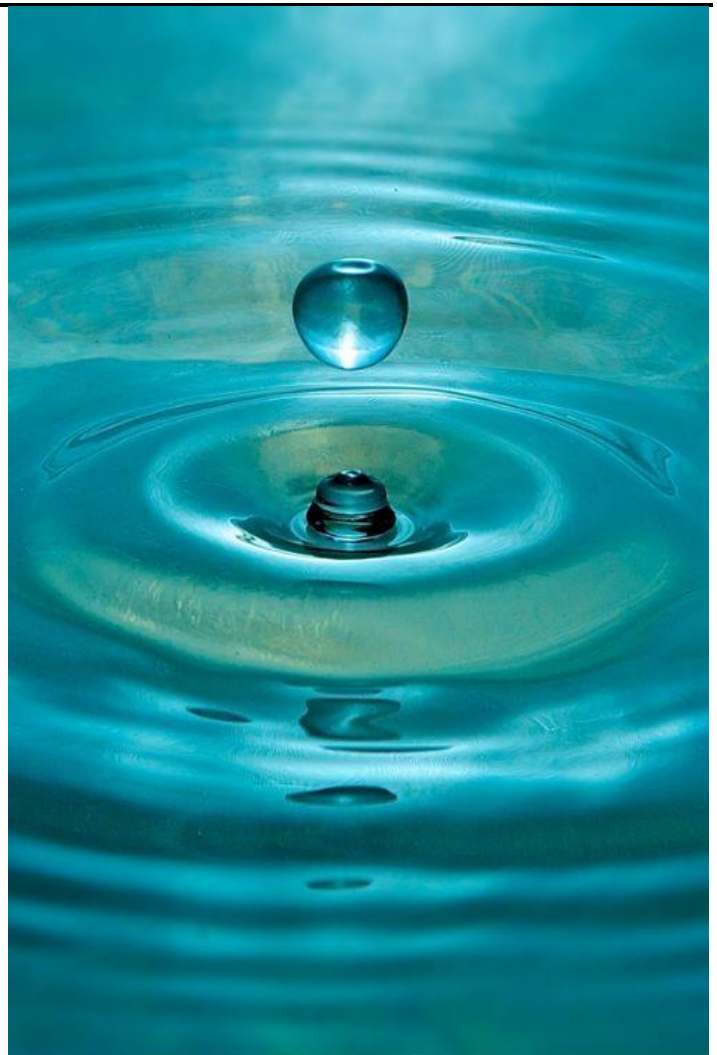
Raising children in the midst of these strange times can be difficult. They can have so many questions about what is going on. They can sense our anxieties and fears and we can wonder how best to talk to them. I learned something from the movie *Ferdinand* last week. Perhaps you have seen it? Ferdinand is the story of a giant bull that doesn't want to fight the bullfighter in the ring. Instead Ferdinand chooses a path of peace. It's a great flick to watch with the kids in these days of physical distancing. For me though it was not so much Ferdinand who stole the show – but the goat Lupe.

We first meet Lupe when she is tossed into the trailer which holds mighty Ferdinand. Lupe is what is known as a calming goat. Yes, you heard that right – a calming goat. Apparently, calming goats are used by farmers to help settle and calm other restless animals. The mere presence of a calming goat settles other animals that are having a hard time. Got a skittish horse? Send in a calming goat. Have an anxious bull like Ferdinand? Add Lupe.

In these times of unease and anxiety we need more Lupes among us. People of calm. People who are able by their mere presence to help lessen the stresses and anxieties that others are experiencing.

For Spiritual Health Professionals being Lupe has always been central to our work. Being present to people filled with anxiety and helping them to settle, focus and be still is core to our practice.

With what we as a health authority,



indeed as a world, are going through right now, we need more Lupes.

Being Lupe is about realizing that while we don't have the power to control much of what is going on around us we do have the power to control how we respond to what is going on. We have the power to control what we say, what we post on-line, how we talk about these issues to friends and families. Being Lupe means we are

agents of calm amidst the storm. Of course being calm does not mean being blind to the realities of what is going on. Thankfully provincial and Island Health leadership are doing their best to keep us informed and updated on [COVID-19](#) and what we are to do. Part of being Lupe means pointing people in the direction of solid information.

In short, being L.U.P.E. means striving to be the kind of person who is Listens, Understands, is Present and seeks to Encourage others even in these challenging times. We are all invited to be Lupe because like fear, calm has an immense ripple effect.

### ***Spiritual Health is here for you!***

***Spiritual/emotional support for patients, families and staff is available Monday thru Friday from 0800-2000.***

### ***How to request spiritual care?***

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

***Call to leave a message: 250-755-7691-ext. 54428***

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)

## Centering at the Sink

Each day you wash your hands countless times. This is a crucial activity but can easily become mundane. We invite you to consider using your hand hygiene times as opportunities to “center at the sink”.

The time spent washing hands our hands is the perfect moment to be still, to focus and steady our minds and our hearts. It is a moment to regulate our breathing and engage in a reflection that inspires and settles us.

What you do in those moments can be as unique as you are. You can:

- Recite sacred words of the spiritual or cultural tradition to which you belong
- Say the names of your family or coworkers, reflecting on what they need in this time.
- Reflect on what you want to “wash away” – fear, anxiety, stress - and what you want to fill its place – calm, courage, love.

Whatever you might use consider seeing your hand washing moments as opportunities to check-in with yourself throughout the day. Moments where you can settle your heart, your breathing and find strength for the work that lays ahead.



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,