

Navigating the Storm

Anne Cogger, LCSW offers counseling services through the North Haven Medical Clinic. During this time, with concerns around Covid 19, she is offering remote appointments. She can be reached at aecogger@gmail.com or through text or message at 207-841-3900. You may also contact the clinic. Don't hesitate to be in touch.

In a Native American legend, a grandfather speaks to his grandson and describes two wolves at battle residing in every person's heart. One is a wolf of darkness- symbolizing fear, anxiety and anger. The other is a wolf of light symbolizing courage, generosity and love.

The grandfather tells his grandson about the raging battle that is carried on between the two wolves and the grandson asks, "Which wolf wins?" The grandfather answers, "The one that you feed."

At this time of pandemic, we need to gather information so that we can be as prepared as possible to meet health challenges. We also need to sustain well being and balance. We need to know about the difficult situation but we also need to build courage and generosity. In order to move through this time in a healthy way we need to be aware of the wolf of darkness while feeding the wolf of light.

Some suggestions for feeding the wolf of light:

1. Social distancing and mask wearing. Be part of the solution. These behaviors speak of your commitment to the well being of your family and community.
2. Build or repair something. Whether it be a recipe, a sewing project, carpentry, painting or gardening, putting energy toward a creative endeavor is a positive step to take.
3. Contact others. Using email, FaceBook, Zoom or other digital means, reach out to friends and family. Remember those who may not be digitally connected and send a card or make a phone call.
4. Take a walk. Maintaining a six foot distance with others or walking by yourself, get outside. You might use this time to look for spring- buds on trees, birds and bulbs coming into bloom.

You probably have other things that are helping you manage this time. Share your solutions with friends and family.

Take the best of care,

Anne