

WELL – BEING STIMULUS to FAL RIVER HEALTH CENTER

April 20th, 2020

As the days of “stay at home,” continue, many of us are struggling with fragile emotions about what the future will hold for ourselves and the global community. What we knew as “normal,” will be curated into a different reality.

Following the progression of remedies being used to treat the presumed cases of Covid-19, I am seeing a trend of symptoms and remedies, which follow the stages of grief. *Shock, denial, anger, bargaining, and acceptance.* i.e. early in the pandemic, Aconite, a remedy for shock was commonly prescribed.

Each of us holds so many unanswered questions of how to navigate daily logistics and the stages that our lives must pass through before we can open doors to restore the economy. The search and attainment of renewed hope, health and global well-being is a long process and will be woven within the healing from loss & grief.

FACEBOOK LIVE w/ COASTAL PHARMACY & WELLNESS

April 22nd, 2020 @ 1:00PM

<https://www.facebook.com/coastalpharmacyandwellness>

This Wednesday, 04/22/2020, I will be presenting alongside Joel Hall & Andrew Gray on Coastal Pharmacy & Wellness' Facebook page. This will be a 30min info panel followed by Q&A. For more information, please call 207-899-0886.

My commitment to be a beacon of light during the pandemic remains the only constant in my life. Through Fal River Health Center, I am offering integrative medicine for treatment of presumed Covid-19 and the equally important offering to gain and attain, positive physical and emotional resilience.

As a stimulus to brighten the beacon of light and your health I am offering the following from May 1st – May 31st

PAY IT FORWARD: *Prepay for an office visit and receive a lower fee.*

- 50min Appointments will now cost the same as a 30min visit
- 30min Appointments will now cost the same as a 20min visit
- Sliding Scale available as needed for telemedicine & in-person visits (when permitted)

RESOURCES FOR POSITIVE RESILIENCE

University of Pennsylvania offers free online through **Coursera**. There Karen Reivich, of the Positive Psychology Center & Director of resilience training, is teaching, Resilience Skills in a Time of Uncertainty. It is free and publicly available.

SPRING IS HERE: Time for Growth & Renewal

- Go outside first thing in the morning; it sets your circadian rhythm for the day, which leads to better sleep hygiene.
- Eat for the season; fresh fruits & veggies from local farm stands. Support our small Maine businesses.
- Poi spin, dance & laugh; put movement & joy into your everyday routine.

The journey through the Covid-19 pandemic offers each and every one of us an opportunity to rekindle a version of ourselves. I am honored to be walking along side you through this transition.

Lindy