



HEALTH + WEALTH

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Thinking through the last 12 months

This time last year, I suggested we think about our lockdown legacy. Who would have thought that, one year on, we would only just be emerging from a third - and arguably the toughest - national lockdown. There is no denying that this year has been difficult for everyone.

That is why it's important to take time to grieve for the losses that were forced upon us by lockdown, including freedom, finances and family relationships, to name but a few.

Just as we might when experiencing a financial loss, we also need to take stock of our emotional health. As we start making sense of everything, we can move forward with a plan, in a healthy and positive direction. To start doing this, I invite you to ask yourself the following question:

“What do I think about the past year of my life?”

It might surprise you to know we have a choice about our thoughts relating to our past and that these thoughts determine the meaning we give to any given season, which also influences our future. This is because our life is a reflection of our thoughts or, as Pastor Craig Groeschel puts it: “Our life will follow the direction of our strongest thoughts”.

If we remember lockdown only by what we have lost, what we weren't able to do and how afraid we were, we are likely to carry that loss into our future, whereas if we reframe the loss to include what we learned, who we loved and how we laughed despite the losses, we are much more likely to take those healthier attributes into our future years.

Therefore, how we choose to think and how we

remember this season of lockdown will impact the rest of our life. Of course, this depends on the gravity of a loss and is easier said than done. The following 4 steps might help you to focus:

1. Identify what you have lost. Name, acknowledge and say (or shout) aloud what you miss and what the loss means to you.
2. Take time to grieve, mourn and accept the loss as something you cannot change.
[\(For further help click here\)](#)
3. Identify anything for which you can give thanks, despite your loss. This may seem difficult at first, but it will get easier with practice and could prevent you from falling into a spiral of depression and despair.
4. Choose to think about any positive elements to help you develop an attitude of gratitude. This propels your thoughts towards thriving in life again.

If your “future self” will be a reflection of your thoughts, it matters how you think about today. So, here's some final food for thought:

- Think about any of your favourite parts of lockdown or what you were able to give during lockdown? This could include daily walks, Zoom calls, extra time with family, connecting with neighbours and helping your local community.
- Then think about how you might be intentional about celebrating and continuing to foster those thoughts for your healthiest future.

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