

Returning to the New Normal: Identifying Recovery Processes and Taking the Time to Grieve

Resources from Sally Powell:

Helpful, easy-to-access online articles:

<https://www.nytimes.com/2021/04/19/well/mind/covid-mental-health-languishing.html>

Viral article providing mental health vocabulary for the spectrum from languishing to flourishing. Helpful in the process of self-assessment and naming.

<https://www.becomingminimalist.com/resting/?fbclid=IwAR0NaotgUbEFOcxN5X9E3hlyYbwm6CnckWJRD3yuWshbwuWu6HiVH4xSCw8>

Quick, valuable read about the practice of Sabbath rest.

https://nycaieroundtable.org/2021/06/02/walking-with-maxine-noticing-and-reflecting-on-a-year-of-change/?fbclid=IwAR2hL7PPZ6YLyvJTP4sStMXjVPJhk-JoxVIVHJkwBDemB_6i_fCubJo_4qU

Arts in Education editorial identifying struggles and hope from an artist's perspective.

Recommended ongoing resource:

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

Daily posts on FaceBook that meld meditative and creative practices to guide thoughtful, emotionally and spiritually healthy living.

From Christopher Cook:

Sarah Bereza Podcast: "Nourishing Your Musical Soul". <https://sarah-bereza/59-2/>

The Grief Recovery Handbook

John W. James & Russell Friedman

William Morrow Paperbacks, 2017

The Six R's of Recovery

- **Relive it:** Facing the pain of our losses may be the hardest step, but feeling the pain, emptiness, and fear of the past year will allow the healing to begin. Grief is a path out of pain.
- **Release it:** Letting go of our losses makes room for something new to enter into our lives.
- **Revision it:** Firm in our confidence that we are called into the ministry of sacred music, reflect on the situation we find ourselves in now. What do you need to adjust, so that you can move forward in the best possible way?
- **Renew it:** Make space for new things to emerge, watch for clues to its unfolding, and affirm ideas and opportunities that come your way.
- **Replay it:** Remember the music you have loved, play it again, and reclaim the joy it brings you. Make plans to learn new music that is exciting to you.
- **Repeat it:** No doubt, work of this kind will need several cycles to reach maximum impact, so plan to return to the top of the list to keep the momentum going.