

 **Daily Doga Inspirations for you and your dog**

Share the Care

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Our heart-centered condolences to the families, friends and teams of the Boston Marathon senseless tragedy.

When tragedies like Newtown, Boston Marathon Explosion (traumas large and small) happen, words cannot express how it changes lives – but it does! Whether directly involved or not, it is okay to express our anger, hurt and tears.

People (media, those directly affected, and observers near and far) express emotions in their own way. It can be overwhelming. That shared, we have a modicum of control and choice, as a therapist shared, “to shut off the news and TV, especially when young children are watching.” Young children repeatedly viewing these scenes can experience trauma whether it is happening directly to them or not. It imprints - creating fear and anxiety.

As difficult as this is, focusing on the connections and positive team efforts, the way people who don't know each other launch into action to help others, gives us something to be proud about. There is a reason for this. It helps us to help others. We feel better. It kind of wipes away the dust from our foggy brains and wakes us up to what is relevant and meaningful.

I read a book called ***Give and Take*** by Professor Adam Grant. He mentions how people tend to fit into three categories, *Givers, Takers and Matchers*. Most of us vacillate between the three depending on personality, conditioning, and wisdom. Eventually and hopefully (me talking now not Adam) we wise up, choosing what works best for “we”, not “I”. As a counselor, this would be called operating out of “ego”. That doesn't apply to quacks that blow people up for selfish causes.

Obviously, people who act in outrageous ways by hurting innocent people are takers – *more like psychopaths*. They have little to no links from heart to the brain regulating right from wrong. So, how do we cope?

One way is to share the care in our own unique way. Whether you are directly related to someone involved in a horror like this or would like to offer help in other ways, do it! As I watched the “therapy dog teams” on the news, I thought, “Yes, that's a way to help.” Consequently, you can offer a listening ear, warm hug, or simply send positive energy flowing around you.

If anything positive comes from incidents like these, it's that it wakes us up to living in the moment, moments that can be shortened in a blink of an eye. I was looking at my pressure cooker (Instant Pot), and gave it a kick. Silly, I know. Being an inanimate object, it didn't feel any pain, but I felt better.

Whatever you choose to do to help is appreciated and has a trickling effect whether you are on the front lines or doing something for the neighbor next door. ***Share the care.***

Enjoy the Journey ... breathing in ... ah-ha!