

# *Mission Services*

*Spiritual Resources and Practices*





In health care, change has become a constant phenomenon.

In light of the transformation Wheaton Franciscan Healthcare is undergoing during the EPIC Enterprise project, as well as other change efforts and/or other significant work stressors, your System Mission Services department has designed these self-care resources. These resources help us to align with our Values of Respect and Development as we grow personally, in our teams, and in our commitment to our Mission.

## ***Reflection Guide to the Labyrinth***

A labyrinth is an ancient symbol that relates to wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The labyrinth represents a journey to our own center and back again out into the world. Labyrinths have long been used as meditation and prayer tools.

### **Preparing to Trace the Labyrinth**

It is helpful to take a few minutes to focus your intention prior to tracing the labyrinth. Connect with your inner stillness. Let go of your brain's conversation or chatter.

Your intention can be anything you want it to be. You might want to hold a question or an issue in your mind or you may want to trace the labyrinth with an open heart, simply for the joy of it. You might also choose a word or phrase to repeat, to help focus your attention. Some examples may be peace, hope, all will be well, or slow down. There is no single way.

Leave behind all expectations as you begin. You can't force an answer or an outcome. Let the experience unfold. Be open to whatever stirs within you.

### ***The Journey Within***

- Pause as you begin to trace the labyrinth to honor the journey. Notice your breath.
- Find your own pace. This is not a puzzle. There is only one way in and one way out. Tracing the labyrinth represents the journey into yourself, creating a connection with your inner wisdom.
- How are you feeling? Are you feeling connected to your physical body? What tensions or aches have come to your attention? What feelings are stirring? Notice your pace. Do you feel any resistance?
- What images, symbols, or thoughts come to mind? These are the language of the spirit, of the soul. Don't try to analyze them. Just hold them gently within your heart.

### ***Reaching the Center***

- Pause in the center. Be still. Breathe. Listen to your inner wisdom. Honor the stillness within.

### ***Return to the Outside***

- What is it like to re-trace your journey out of the labyrinth? Has your pace changed? Does the journey outward seem different? How would you describe your energy?
- What are you feeling in your physical body and your emotional body as you move outward?
- Do you bring any lessons out of the labyrinth walk? What images or symbols have come to mind or heart? Does the path seem different from this perspective of the journey?
- Pause as you exit the labyrinth path to honor the journey. Breathe.

### ***Reflection***

Give yourself at least a few minutes to reflect on the experience of the inner journey. What inner wisdom was apparent? What symbols or images were revealed? How do you feel now? You may sit quietly, journal or draw. Remember, there is no right way. Follow your intuition.

### ***Benefits***

- Reduces stress and calms the spirit
- An experience of living in the moment
- Helps re-establish connection with the heart
- Helps restore connection between body, mind, and spirit
- Helps access inner wisdom
- Facilitates awareness, insight, and growth
- Encourages authenticity
- Opens a person to new possibilities
- Stirs creativity and imagination
- Can facilitate dealing with difficult feelings
- Provides a safe place to bring unanswered questions
- Helps a person live more consciously
- A lesson in surrender and letting go
- Can provide renewed commitment and enthusiasm



To locate a walking labyrinth near you:  
<http://labyrinthlocator.com/home>

# Managing Stress to Balance Emotional Energy

Do you feel that you know how to manage your stress and emotions? Sometimes, the simplest of activities can have a great impact on our ability to reconnect with our spirit and purpose. Amidst the busiest of days, we invite you to find a few minutes to try out this exercise to help reframe and channel your energy and emotions positively.

Finger holds exercises are a simple tool for self-care, and help emphasize that we carry the tools for self-care within ourselves. This is something we can do at any time, when we feel stress or strong emotions.

We invite you to take this time to let go of the burdens of the day and find your center to help you feel grounded.

## Finger Holds Exercise

You may do the finger holds with either hand. Breathe deeply as you gently hold each finger and listen to the meditation. Hold each finger for about one minute. You may feel a pulsing as the energy is released and flows freely.

The thumb connects with tears, grief and emotional pain. Hold the thumb of one hand with the other hand. Breathe in deeply and, as you exhale, ask to let go of all the grief and sorrow you feel. Breathe in and ask to be filled with peace and comfort. (Pause)

The index finger connects with fear. Hold your index finger. Breathe in deeply and, as you exhale, ask to let go of all fear, all that makes you afraid. Breathe in and ask to be filled with courage and strength of being. (Pause)

The middle finger connects with anger and rage. Hold your middle finger. Breathe in deeply and, as you exhale, ask to let go of all anger and rage. Breathe in and ask to be filled with compassion, energy and creative passion. (Pause)

The ring finger connects with anxiety and nervousness. Hold your ring finger. Breathe in deeply and, as you exhale, ask to let go of all worry and anxiety. Breathe in and ask to be filled with a deep sense of peace and security in the midst of life's problems, feeling held and cared for in spirit. (Pause)

The little finger connects with self-esteem. Hold your little finger. Breathe in deeply and, as you exhale, ask to let go of all insecurity and feelings of being

unworthy or being a victim. Breathe in and ask to be filled with power and appreciation for yourself and a feeling of worth. (Pause)

Relax for a moment, feeling a sense of peace and tranquility as you rest in the presence of the Divine. When you are ready, gently return to the present moment.





## ***Accessing Inner Wisdom: Keeping a Journal***

Journaling is a way to connect more deeply with one's thoughts and feelings. Write down the events of your day to review the impact they have and to access inner wisdom.

There is no right or wrong way to keep a journal. It does help to create some personal space to do so.

Some prefer to write in a stream of consciousness, simply putting pen to paper and writing whatever thoughts or feelings come to mind. Writing whatever first comes to mind or heart can be a way to open yourself up for examining deeper questions or concerns.

Reviewing your entries every few days may reveal patterns or themes. These can lead to more intentional shifts in your perspective to choose words and actions you use each day.

Remember to breathe deeply. Deep breathing helps to center yourself and reconnect body, mind, and spirit.



**Questions for reflection might include:**

- What is my energy level right now?
- When did I feel most alive today?
- What circumstances are beyond my control and how did I react to them today?
- How does my attitude affect how the day is unfolding for me?
- What can I do to take care of myself today?
- What am I most proud of today?
- How do I feel in the morning and the afternoon?
- What am I most grateful for today?

**Journaling is good for your spirit:**

- Helps integrate both hemispheres of the brain
- Provides a safe place to process traumatic events
- Explores conscious & unconscious thoughts
- Improves self-knowledge
- Opens self to grow & identify needed changes
- Clarifies relationships
- Begins emotional healing
- Explores possibilities
- Illuminates patterns of behavior
- Identifies themes and aids in problem solving
- Clarifies thoughts & feelings

**Journaling is good for your body and mind:**

- Helps you relax
- Improves physical & mental health
- Shown in research to decrease symptoms of asthma and arthritis
- Improves cognitive functioning
- Strengthens the immune system
- Decreases symptoms of stress

Remember to breathe deeply. Breathing helps to center ourselves and reconnect body, mind, and spirit.



## ***Managing Energy and Maintaining Calm Effectiveness***

(from [www.robertkcooper.com](http://www.robertkcooper.com))

**Start the day right:** In the first few moments after awakening, imagine yourself at your best. Think of a specific time when you felt productive and successful. Trust that you will be successful today. Anchor this thought with a phrase – like “let’s go,” “calm and confident,” or “Today is a wonderful day, I choose to make it so.”

**Absorb light:** In the morning and every hour throughout the day, flood your eyes with light. The brain responds to many signals, few are more powerful than light. The neurological link between the retina and the brain plays an important part in helping you keep focus and energy throughout the day.

**Move:** Get at least 5 minutes of light exercise in the morning and after dinner at night. In the morning, it sends a signal to increase calm energy. In the evening, it raises body temperature so you can sleep more soundly.

**Eat smart:** In the morning, eat a few bites of the meal that matters most. This tells your body to get ready to start the day.

**Get a better grip:** A large part of the brain is devoted to sensory and motor connections in the fingers. Enhanced brain function can come from improving the strength and dexterity of the fingers and hands. Squeeze a ball or crumple paper before throwing it in the recycling.

**Continue breathing:** When we are tense, our breathing becomes shallow. The rhythm of your breathing serves as a natural stimulus to the inner breathing of the hundred trillion cells in your body that enable you to produce calm energy. If you halt your breathing during the first moments of a stressful situation, it

propels you toward feelings of anxiety, panic, anger, frustration, and loss of control. Keep breathing smoothly.

**Check your posture and facial expression:** Unlocking your posture and face is one of the surest ways to overcome a common, debilitating reaction to fear or danger known as somatic retraction (slouching forward and tensing up). The face and hands signal to the body to either tense up or calm down. Lightening your eyes and smiling is a quick way to change the neurochemistry in your brain and programs you for favorable emotions. One way to unlock your posture is to flash a mental “wave of relaxation” through your whole body, beginning with the muscles in your face and around your eyes and then right out through your fingertips and toes – as if you are standing under a waterfall that clears away all excess tension.

**Toughen up YOUR lungs and legs:** Regular aerobic exercise strengthens your ability to recover rapidly from high-stress situations. It also enables you to respond more energetically and appropriately to challenges. Aerobic exercise stimulates the optimal amount of the hormone norepinephrine. Low norepinephrine levels are associated with feelings of helplessness and a low tolerance for adversity. Exercise also boosts endorphins that enhance your energy and toughness and burn off excess stress hormones.

**Write things down:** There is evidence that writing can help people move through transitions and challenging times more quickly and less painfully. Write down what happened – what is challenging you, and how it feels, and then write down positive statements, like “Every day in every way I am getting better and better.”

**Pull back to get ahead:** Every hour take a strategic pause – 30 seconds to take a deeper breath than normal, straighten your posture, catch some light, and sip ice water. Also have a mid-morning and mid-afternoon snack available to keep blood sugar even.



## ***Mindfulness***

***Paying attention, on purpose;  
In the present moment, without judgement.***

**STRESS** is a struggle with what is. Stressed brains make reactive decisions. To reduce stress, learn to focus your attention to become relaxed, compassionate, nonjudgmental, sustained, deep, and intentional. Two tools to help train your mind to focus your attention are **S.T.O.P.** and **R.A.I.N.**

### **S.T.O.P.**

**S:** Stands for “Stop” and Stabilize.” Invite yourself to briefly “step out” of your immediate reaction/emotional response. Pause for a moment.

**T:** Stands for “Take a Breath” and “Tranquility.” Bring your awareness to your breath. Allow your breath to center yourself/anchor your being.

**O:** Stands for “Observe” and “Open.” Observe what is happening with curiosity, rather than critical judgment. Listen to your self-talk.

**P:** Stands for “Proceed” and “Purpose.” Choose to proceed with more awareness, compassion, and intentionality.

### **R.A.I.N.**

**R:** “Recognize” what is happening right now, without denial, suppression, or judgment. Focus your attention externally,

**A:** “Accept” whatever is happening in the moment, as best you can. This does not mean passive resignation. You are empowered to make choices, consider options, and respond from a place of composure and calmness..

**I:** “Investigate” your experience as it is in the present moment. Notice the “story” you are creating that distorts “what is.” Look honestly.

**N:** “Non-Identify” with the chatter in your mind and the emotional seduction of creating drama. Choose to “Stand outside” and feel yourself lean back to watch your thoughts, feelings, and emotions.



## *Therapeutic Touch*

Complementary healing modality treatments such as Therapeutic Touch, involve an energy exchange between the person receiving the treatment and the person giving the treatment. All living things, plants, animals, and people have an energy system surrounding them. Complementary healing treatments are meant to balance and bring wholeness to the person's energy system.

Therapeutic Touch and similar treatment modalities are offered as a method of relaxation and centering. Therapeutic Touch has been researched and found to help a person relax, reduce pain, and feel less anxious. This allows more blood flow to the body tissues, promotes healing, and a feeling of well-being. Some people also report better sleep after receiving a treatment.

If thinking of yourself as having an energy system surrounding your body is new to you, think about how many times we all talk about our energy in daily conversations. We say we do not have the energy to do this or that, or we might say we have a lot of energy around an issue we feel passionate about. Energy is essential to fulfilling your life ambitions. Complementary healing is one method of boosting a person's energy and helping to bring balance. Complementary healing treatments could aid in your physical and spiritual well-being and assist you to be ready for another full day of work and life.

If Therapeutic Touch sounds interesting to you, here are some resources for you to explore:

**Website:** Therapeutic Touch International <http://therapeutic-touch.org/>

**Book:** "Therapeutic Touch: A Healing Modality of the Heart and Hands" by Mary Gayle Floden-Selfridge and Marilyn Johnston <http://therapeutic-touch.org/product/odaily-heart-hands/>



## **Reduce Stress**

### **Mind**

Your mind works very hard to keep you stressed. What can you do? Learn to “live in the moment” and cultivate a daily practice.

#### Mindfulness...

- Cultivate more present focused thoughts
- Morning rituals (5 minutes or more of “intention”)
- “Exercise” meditation
- When eating, just eat (slow, small, savor, and smart)
- See the positive in life
- Connect with nature/pets
- Evening rituals (5 minutes or more of “gratitude”)

***“In an effort to improve the present moment,  
we fail to appreciate how good it already is.”***

### **Body**

Your body feels more like the problem. What can you do?

- **BREATHE:** Feel your breath; don’t think about it. Take a few minutes every day to “just become aware of your breathing.”
- **MEDITATE:** Life itself becomes a meditation practice. Be curious, not judgmental. Take a moment to “be still.”
- **EAT HEALTHY:** Eat more “natural,” less processed. Manage your portion size. Drink more water. Be “mindful” when you eat. Limit your fats, processed foods, and sugars.
- **EXERCISE:** Find a routine of daily activity that you know feels good to your body when you do it regularly, and commit to making it a habit.

***“Every day, serve yourself some fresh air,***

*brewed moments ago by the trees that surround you.”*

## **Spirit**

You're not sure what you know for sure. What can you do?

- **COMPASSION:** Have the intention to ease suffering and share joy. Remember, we are all interconnected; we all have our “battles.”
- **FORGIVENESS:** Forgiveness is a choice you make to give up anger, not approve of the misconduct; forgiveness is for you, not the forgiven.
- **HIGHER PURPOSE:** We are spiritual beings having a human experience.

*“Instead of focusing on what you have,  
invest in who you are.”*



## *Relaxation with Aromatherapy*

Relaxation is the most desired benefit of aromatherapy. It provides respite from the stresses of daily life and work. Aromatherapy is the use of essential oils derived from plant material in the promotion of relaxation and well-being. Essential oils are highly aromatic oils extracted from plants. Unlike artificially created perfume oils, they have healing properties, and unlike vegetable oils expressed from nuts and seeds, they are not actually oily. Aromatherapy has been used for healing, beauty treatment, and body care for centuries.

The primary route to experience essential oils is through the nose. Smell can affect our thoughts and emotions in everyday life. Thus aromatherapy is effective when used in the promotion of healthy lifestyle and wellbeing. Essential oils can be inhaled as they are diffused in the air; they can be applied on the body with carrier oil (see tips below) or dispersed in bathtub water with bath salts. Diffusers are devices that disperse the essential oil in the air, a great variety of them are sold in the markets today. You can also put a drop of your favorite essential oil on a cotton ball and it will diffuse naturally.

Some essential oils are very expensive due to the high cost of production and/or extraction. However, there are a number of very useful oils that are quite affordable. Here is a sample of those that can be used for relaxation and stress relief to achieve peace of mind, physical relaxation, and spiritual groundedness:

1. **Lavender:** Reduces stress, tension; anti-depressant; calming; helps with insomnia; relaxing
2. **Orange:** Balances stress; helps with insomnia; relaxing; restorative when you are feeling “wiped out”
3. **Ylang Ylang:** Antidepressant; soothing; euphoric; helps when you are feeling over-loaded; good for stress; relaxing



4. **Geranium:** Calms nervous system; uplifting; balancing; good for stress; relaxing business r
5. **Chamomile:** Helps relieve tension and promotes relaxation and sleep
6. **Ginger:** Supportive of the digestive system, ginger is commonly used to soothe, comfort, and balance digestive discomfort
7. **Bergamot:** Uplifting and relaxing, it is good for building confidence and enhancing your mood
8. **Eucalyptus:** Removes exhaustion and mental sluggishness and rejuvenates the spirits of the sick. It can also be effective in the treatment of stress and mental disorders

Aromatherapy is a way to reward ourselves simply and effectively with fragrant, natural substances that nourish mind, body, and spirit. Take a time-out to pamper yourself! It is a good way to promote relaxation!

#### **Tips:**

- When massaging an essential oil into your skin, always use an oil carrier (1 tsp of olive oil, sesame oil, etc). One or two drops are enough; essential oils can be dangerous if used in very large quantities; they can cause skin irritations or allergies and be poisonous if ingested. Certain oils can be dangerous to health in other ways.
- If you suffer from asthma or other respiratory condition, do not inhale essential oils directly from the bottle. Some essential oils can trigger asthma attacks; instead massage them into your skin.
- Although many places sell essential oils, both online and in stores, the quality of such oils can vary. The quality of the oil is essential for maximum therapeutic benefit; do not buy the cheapest but insist on the best quality. Ideally buy organic, undiluted oils that have been produced from fresh and sustainable sources and are sold by reputable vendors.

#### **Aromatherapy Websites**

Wheaton Franciscan – Elmbrook Campus Pavlic Center

<http://www.mywheaton.org/services/pavlic/>

(Rose Koremenos, RN - [Rose.Koremenos@wfhc.org](mailto:Rose.Koremenos@wfhc.org))

<http://www.aromaweb.com/>

<http://www.living-essential-oils.com/>

<http://do-essential-oils.com/>



## ***Resilience***

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, and significant sources of stress – such as family and relationship problems, serious health problems, or workplace and financial stressors. It means “bouncing back” from difficult experiences.

Research has shown that resilience is ordinary, not extraordinary. People commonly demonstrate resilience. Being resilient does not mean that a person does not experience difficulty or distress. Emotional pain and sadness are common in people who have suffered major adversity or trauma in their lives. In fact, the road to resilience is likely to involve considerable emotional distress.

Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone.

### **Some factors in resilience:**

A combination of factors contributes to resilience. Many studies show that the primary factor in resilience is having caring and supportive relationships within and outside the family. Relationships that create love and trust, provide role models, and offer encouragement and reassurance help bolster a person’s resilience.

### **Here are some factors that people can develop in themselves:**

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses

## 10 WAYS TO BUILD RESILIENCE

**Make connections:** Good relationships with close family members, friends, or others are important. Accepting help and support from those who are around you and will listen to you strengthens resilience. Some people find that being active in civic groups, faith-based organizations, or other local groups provides social support and can help with reclaiming hope. Assisting others in their time of need also can benefit the helper.

**Avoid seeing crises as insurmountable problems:** You cannot change the fact that highly stressful events happen, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

**Accept that change is part of living:** Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

**Move toward your goal:** Develop some realistic goals. Do something regularly – even if it seems like a small accomplishment – that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, “What’s one thing I know I can accomplish today that helps me move in the direction I want to go?”

**Take decisive actions:** Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

**Look for opportunities for self-discovery:** People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many people who have experienced tragedies and hardship have reported better relationships, a greater sense of personal strength even while feeling vulnerable, an increased sense of self-worth, a more developed spirituality, and a heightened appreciation for life.

**Nurture a positive view of yourself:** Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

**Keep things in perspective:** Even when facing very painful events, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

**Maintain a hopeful outlook:** An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

**Take care of yourself:** Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. Taking care of yourself helps to keep your mind, body, and spirit primed to deal with situations that require resilience.

Additional ways of strengthening resilience may be helpful. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices can help build connections and restore hope. The key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience.

**Source:** American Psychological Association, (March 30, 2015), The Road to Resilience, pages 14-16, retrieved from:  
<http://www.apa.org/helpcenter/road-resilience.aspx>

# ***Walking Meditation***

The best way to learn to rest, to stop – to stop being carried away by regret, anger worries – is to breathe mindfully.

When we breathe and know that we are breathing, our wandering mind begins to rest on the pillow of breath. A feeling of calm and ease naturally arises. The primary purpose of walking meditation is to completely enjoy the experience of walking. We do not walk to arrive or to attain a goal. Our destination is the here and now.

When we open ourselves to companions with us on the path, we open ourselves to life, transformation, and peace. Hear the birds, feel the air, smell the blossoms, and see the branches

## **1. Breathe Mindfully**

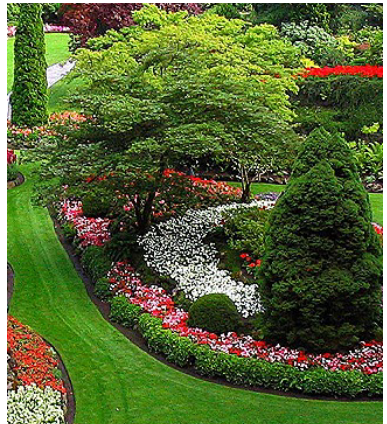
- Pause and let your weight sink into the ground
- Fully relax your shoulders and loosen your jaws
- Close your eyes and relax your facial muscles
- Let a half smile emerge from your lips
- Let your breath flow naturally and allow the river of your breath carry your smile to every part of your body

## **2. Walk in Mindfulness**

- Walk slowly
- Keep a light smile on your lips
- Let each step create a breeze of peace, joy, and harmony

## **3. Connect with Healing Elements**

- Smile and say hello to what you see, hear, and contact
- Stop walking from time to time and simply breathe
- Be present to healing elements within you and around you



# Prayer Resources

## Prayer of St. Francis of Assisi

"Lord, make me an instrument of Your peace; where there is hatred, let me sow love; where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light; and where there is sadness, joy.

- Divine Master, grant that I may not so much seek to be consoled as to console;  
to be understood, as to understand;  
to be loved, as to love;  
for it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life."



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The Lord is my rock,  
my fortress  
and my deliverer;  
my God is my rock,  
in whom I take refuge.

*Psalm 18:2*





## ***Breath Prayer***

*An ancient way to be still before God  
and experience peace.*

1. Pick a brief word or phrase from your belief system
2. Choose a comfortable position
3. Close your eyes
4. Relax your muscles
5. Become aware of your breathing, and silently repeat your focus word or phrase
6. Maintain a passive attitude
7. Continue for a set period of time
8. Practice the technique once or twice daily

*We invite you to add  
this into your daily routine!*

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## Celebrating Our Joyful Franciscan Spirit

Spirit of St. Francis,  
Keep us always aware that our work is ministry.  
Re-energize us each day as your light shines through us.  
Inspire us to share generously the gift of compassion.  
Be with us as we embrace the ever changing landscape  
Of health care and housing ministry  
with a deep, abiding faith, joy, hope, and peace.  
Bless each person who comes into our lives seeking shelter,  
healing, and wholeness.  
May we respond lovingly to their diverse physical, emotional, and  
spiritual needs.





## A Blessing for this Time of Transition



### God of Transition:

In this time of transition,  
May my faith and the wisdom of my life experience  
Guide me in knowing how to  
Navigate the new things I am learning these days.

Like St. Francis,  
May I seek not so much  
To be understood as to understand.  
May I work through my many emotions and come to know that in  
Pardoning I too will be pardoned.

May I find safe places to talk  
And treasured colleagues with whom  
To express my feelings.  
May all honor the diverse ways  
We navigate this terrain of transition.

May friendships sustain and support me  
As I do what is mine to do.  
May I be an instrument of God's peace  
For the residents and families for whom I care.  
Amen.

# POPE FRANCIS' FIVE FINGER PRAYER

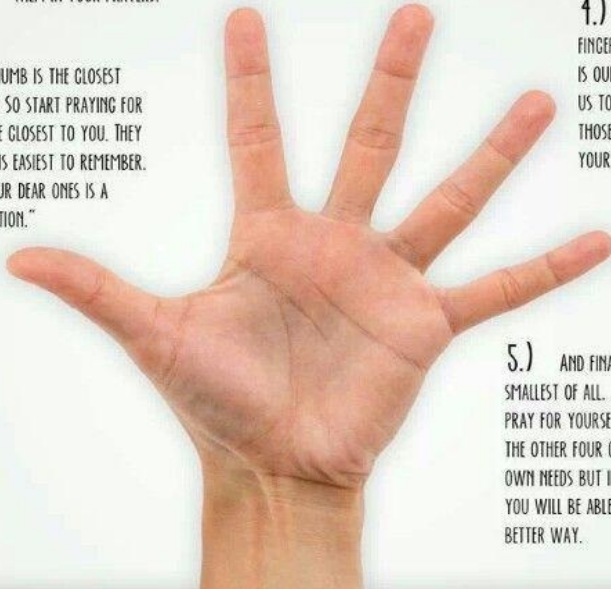
1.) THE THUMB IS THE CLOSEST FINGER TO YOU. SO START PRAYING FOR THOSE WHO ARE CLOSEST TO YOU. THEY ARE THE PERSONS EASIEST TO REMEMBER. TO PRAY FOR OUR DEAR ONES IS A "SWEET OBLIGATION."

2.) THE NEXT FINGER IS THE INDEX. PRAY FOR THOSE WHO TEACH YOU, INSTRUCT YOU AND HEAL YOU. THEY NEED THE SUPPORT AND WISDOM TO SHOW DIRECTION TO OTHERS. ALWAYS KEEP THEM IN YOUR PRAYERS.

3.) THE FOLLOWING FINGER IS THE TALLEST. IT REMINDS US OF OUR LEADERS, THE GOVERNORS AND THOSE WHO HAVE AUTHORITY. THEY NEED GOD'S GUIDANCE.

4.) THE FOURTH FINGER IS THE RING FINGER. EVEN THAT IT MAY SURPRISE YOU, IT IS OUR WEAKEST FINGER. IT SHOULD REMIND US TO PRAY FOR THE WEAKEST, THE SICK OR THOSE PLAGUED BY PROBLEMS. THEY NEED YOUR PRAYERS.

5.) AND FINALLY WE HAVE OUR SMALLEST FINGER, THE SMALLEST OF ALL. YOUR PINKIE SHOULD REMIND YOU TO PRAY FOR YOURSELF. WHEN YOU ARE DONE PRAYING FOR THE OTHER FOUR GROUPS, YOU WILL BE ABLE TO SEE YOUR OWN NEEDS BUT IN THE PROPER PERSPECTIVE. AND ALSO YOU WILL BE ABLE TO PRAY FOR YOUR OWN NEEDS IN A BETTER WAY.



# My to-do list for today

**1**

Be  
GRATEFUL

**2**

Be  
KIND

**3**

Let go of what I  
can't control or  
change

**4**

Listen to my  
intuition

**5**

Be productive  
but calm

**6**

BREATHE



**Contact Information:**

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**Wheaton Franciscan Healthcare**