



## GRIEF BRIEF

### *Continued*

*Solitude, on the other hand, may be thought of as alone time that helps us to cultivate a relationship with the self. This interior intimacy can help us to fuel our connection to loved ones and to support our mental health.*

*Solitude can even be thought of as soul health, allowing us to tap into the flow of life and engage in our passions, projects, the arts, and nature.*

*Our solitude can thrive in the environments we create--pockets of gratitude, joy, and comfort--and something that trauma-focused practitioner, Efu Joseph Nyaki, calls "Islands of Comfort." Sometimes it might take just one thing to shift our perspective, reminding us that we are here, present. Maybe that one thing can be ourselves.*

*In communing with ourselves, we can take advantage of this unique time we are experiencing in our lives right now that can serve as a pause to help us better discern what makes our solitude differ from isolation and loneliness.*

*Perhaps our perspectives can shift to view this time as a catalyst in providing much needed time and space to foster our healing and holistic recovery.*

*Our Islands of Comfort could hold space for our favorite books, tea, sweatpants (a personal favorite), music, food, mindfulness practices, breath work, and other tools to support our nervous systems.*

*Only when we fully inhabit and explore our own islands--be it the warm, sandy beaches of comfort, or the dense jungles of our innermost thoughts and feelings--may we come to find alone time as a welcome solace from the fast-paced hustle and bustle of what we have become accustomed to.*

*To end on another quote, yet again, from the pioneer of Western mindfulness, Jon Kabat-Zinn, "When you pay attention to boredom, it gets unbelievably interesting." You may even come to look upon it as a familiar companion on your Island of Comfort.*

*{For more tips on mindfulness and regulating the nervous system, check out our previous Art of Mindfulness Series and also this week's Trauma-Focused Healing Series on [www.una.edu/counseling](http://www.una.edu/counseling) or on our Instagram page, @una\_scs!}*

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*Jon Kabat-Zinn*