

Becky's corner: Give peace a chance

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Time to *Give Peace a Chance*. For those who remember, this song is credited to John Lennon. Perhaps now more than ever, we all need to stop and give peace a chance.

It has been said that humans have six different emotions that cross cultures: Sadness, anger, fear, joy, love and peace.

These six emotions allow us to handle hundreds of different things. Feelings are the labels we attach to emotions. Feelings help us describe how we interpret these wordless physiological reactions. Emotions are physical.

Examples of feelings associated with each emotion:

- **Sadness:** Unlovable, lonely, needy, guilty, small, and incapable
- **Anger:** Jealous, dissatisfied, frustrated, resentful, stingy, and hateful
- **Fear:** Worried, nervous, stressed, indecisive, confused, and impatient
- **Joy:** Lovable, independent, secure, self-accepting, and powerful
- **Love:** Open, satisfied, tolerant, compassionate, grateful, humble, and generous
- **Peace:** Relaxed, calm, confident, patient, flexible, and productive

These times have left us wondering if we'll ever feel peace again. We watch the news and often see horrific acts and responses. Such times leave us feeling lost and perhaps feeling hopeless.

Knowing that there are only six emotions can help simplify life and give us direction. Joy, love, and peace aren't the problems. It's the remaining three that can give us the biggest challenges: sadness, anger and fear or perhaps a combination of all of them. When we experience sadness, anger or fear, we want joy, love and peace. Focusing on what we want can get us where we need and want to be.

We simply need to start. Each of us needs to take personal inventory and decide. Do we want to feel sad, angry or fearful? If not, then make a decision to find joy, love and peace. There are so many opportunities to find these things. Once we find our road to joy, love and peace, put that path into action. Doing this can lead to a sense of control in an out-of-control time. Taking control can mean being constructive in our reaction to our social situations.

Be sure and share your pathway with those around you. Demonstrate to others that while you are fully aware of what is going on, you chose to model the behaviors you want to see. What would we tell someone who is experiencing the negative emotions?

Being joyful does not mean you are in denial or that you are not paying attention to the news. It simply means that you've taken the time to evaluate yourself and that you made a conscious decision to do something affirmative in the face of terrible news.

In the end, the choice is ours. We can do something to better ourselves and those around us.

Be well everyone and give peace a chance.