



# SaskEthics

*An Ethics Newsletter for Catholic Healthcare Organizations in Saskatchewan*

## Summertime creates space for healing

Dear *SaskEthics* Readers,



The summer is here! For me the summer is all about having space: space to run around outside, space to let my mind relax, and space to dream about new possibilities. This year the gift of space gives us an added opportunity to process some of the emotions of the past year.

Making the time for self-care is never easy, but it is even harder when the things that are causing our distress are ongoing. Moral distress over situations where we are unable to do what we know is right can be particularly devastating when new events pile on top of each other.

For example, we may have initially been able to handle turning family members away due to Covid-19 protocols, but when forced to do this over and over, the resulting moral residue can be soul crushing. Our response to moral distress can be further magnified by our personal values, such as the importance we place on family and community. If left unchecked, this residue can begin to weigh on us,

making it difficult to imagine a better way of providing care, both for ourselves and others.

How will you make space for healing this summer? The worksheet attached with this newsletter may be a good place to start (please e-mail me for your own copy if needed). The worksheets were prepared by Alberta Health Services Ethics Service, which has generously made them available to us.

My prayer for you as you read this is for the summer sun to bring an opportunity for peace, reflection and healing. Oh, and maybe a cold drink by a pool.

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### Vaccination Cooperation

In the Ethics Rounds for May, participants took a closer look at the Catholic Church's perspective on vaccines, and engaged in dialogue on why people make different decisions concerning vaccine use. Don't worry if you missed it: the full session is available online at:

<https://www.stpaulshospital.org/news/may-2021-vaccination-cooperation>