

Message from Mina December 15, 2008

Last week I spent some time with the folks who founded Heart Math. We talked about the situation the United States is in right now and for that matter the situation the rest of the world is facing. People are suffering economically and emotionally. There is lots of anger and fear. FMC has had to make painful cuts. When those are compounded by other challenges at home, whole families are feeling miserable at the time of year that is supposed to be joyous. How do we cope?

If you are receiving this electronically, I have attached a link to a document that was written by the founder of Heart Math, Doc Childre. Printed copies are also available in our literature racks and in HR. Please take a look at this and share it with your loved ones. I hope that in some way you are able to gain strength from what is written. The link is www.heartmath.com/destresskit. This will also be on our intranet site.

At some point things will get better. We can't be sure when or what that "better" might look like, but human compassion is alive and well in many of us and with this and with people trying to do the right things every day, we can affect how our lives move on from here.