

## **The Most Difficult Year for Nursing**

*"For I will satisfy the weary soul, and satisfy every sorrowful soul" Jeremiah 31:25*

None of us doubt that this has been a grueling year. We were confused all year by the treatment of a new virus that was declared a pandemic. We are tired of overwork, tired of confinement, tired of separating ourselves from our family and friends, and tired from teleworking.

Who do we turn to take care of us when we are the caregivers?

Who do we ask to replace us at work, or take vacations, when no one wants to take charge of what is still happening in the health centers? And so, the work teams begin felt resentful, diminished, exhausted. The feelings continued beyond the first attack of the pandemic ended and through the second and subsequent surges.

Who do we turn to? Who can we ask for help? When can the health teams rest?

The psalmist went through similar situations and said:

"Who do I have in heaven but you? And besides You, I desire nothing on earth. My flesh and my heart fail, but the rock of my heart and my portion is God always." (Psalms 73:25 & 26).

Even being at the end of a difficult year, we can say up to now, that God has helped us to resist, to still stand. In Jeremiah God says: "I will satisfy the weary soul and every languishing soul I will replenish" (31:25). We can still say to those who are the object of our care and to our colleagues, there is hope for you and me.

Let us rest in the arms of the Lord, even our God is in control. Our resilience is in our Faith.

Lic. Martha Fernández Moyano, Argentina.

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