St. Raphael Counseling’s Dr. Jim Langley reflects on control and worry

During this time of COVID-19, our thoughts can often turn to worry. Dwelling on it, tricks us to believe that we can control our surroundings. In this video, Dr. Jim discusses what Jean-Pierre de Caussade describes as the "sacrament of the present moment." We all want to control our situation. Listen and find out how to:

- Practice the sacrament of the present moment as described
- Keep fully engaged in the moment
- Maintain a power of a positive attitude

If you need us, please call our office Monday through Friday at 720–377–1359. Or go to our website at StRaphaelCounseling.com if you would like more information or to make an appointment.

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