



Peer Perspective October 2022

Finding Coping as Halloween is Approaching!

I know Faith is between a person and their Higher Power of choice. What brings you Faith, Hope, and Belief is your choice. I hope to bring you some information I found to help you research with your judgments, your compassion, and your wisdom if you struggle with Halloween.

Many people are affected by Halloween. When I was a child, I figured out how vulnerable I was on Halloween day, running around a newly declared only child with a widowed mom. Growing up, I constantly ran away from the older kids that practiced on the spooky side of the scary evening. As I got older, I did not have much to do with the festivities. I did not have kids; it was not until I lived in a house as an adult that I started to get involved with the neighborhood at dusk. I am still torn as the evening gets closer. I want to lock the doors, hide, and turn off all the lights. This was the night the creeps got too close, and the door never seemed to lock tight; was it locked in the up position? I have always felt this way, sweating in my nightmares, driving my bones into a fever. I do not share this with many people. I have instead built up some coping skills and spirituality I use during this holiday.

Refocus, the media and the celebration of souls have exhausted my efforts to forget. What if I came to the radical acceptance this night was going to happen, and I could find and enjoy the more profound meaning of the celebration? Refocus my efforts into celebrating the spiritual holidays surrounding Halloween. I know when I ask myself “what if it fails and I find out these spiritual celebrations are worse than that of the scary Halloweens I have known?

I must put in a little research to refocus; I need to go to a library or a spiritual leader to figure out the history of this night. I did invite friends, and or family to help with the research and you want to know what I got? Peace of mind! No more radical chaos, no more feverish sweats. We learned to honor and remember the past filled with spiritual lessons. We learned there is such a history with Halloween celebrating almost all spiritual that has been exploited in many ways and knowing gives us the ability to choose what we celebrate and what we do during those times to cope.

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We are the evidence; We hold the hope.