

## **An Unexpected Tool to Aid In Dealing With Feelings of Anxiety: Family History Roots**

This posting is [part one in a series on the healing blessings of family history based on Elder Dale G. Renlund's April 2018 general conference talk "Family History and Temple Work: Sealing and Healing."](#) While many with feelings of anxiety and depression have found strength in doing family history, this is not a replacement for professional help in addressing mental health. For more resources, please visit [mentalhealth.ChurchofJesusChrist.org](http://mentalhealth.ChurchofJesusChrist.org) or talk to a health care provider. Please note: genealogical pursuits can be also be a guiding source of inspiration for your life's personal goals and in pursuit of family happiness. See the posted photo with family performing special music for our newly found Ukrainian family lines missing for 100 years (1898 to 1998). This same article was also featured in the February 2, 2020 edition of the *Church News*, pages 17-19.

### **Closing Comments**

Successful family history can have a positive influence to ones mental health. My entire family has benefitted from our genealogical pursuits resulting with much happiness and excitement to learn of their family roots by finding lost relatives which can be an exhilarating experience when they personally realized that they are part of a much larger extended family when my family traveled to Ukraine as we had no prior knowledge of them. But when they welcomed us on their dusty, humble streets in a borrowed car with their violins playing welcoming music we knew instantly, we were with both friends and family in a recent post-communist country. Although we did not speak Russian, we initially spoke to them in Italian musical terms such as dynamics (forte, piano), tempos (allegro, andante) and with expressive terms (ritard, accelerando), and along other common musical terms with our Italian-English accents. Music can be indeed be an international language much like love, compassion and kindness when applied to ones ancestry. To view these healing blessings of family history that occurred in a 1998 video clip, click at <http://kuzmich4.com/Ukraine/ukraine.mp4> (2:18 minutes). You can actually hear Roslyn wildly cheering in the background of this special celebration as we are introduced to relatives with much music and dancing following along with our Ukrainian village's extended family members thanking us by passionately singing to us for even having visited them. That's what family history is all about much like sharing the Gospel with others!!! Because there's no substitute of personal interaction whether it be on earth or be in the heavens when guided by the spirit of the Holy Ghost!