



EXECUTIVE VITALITY™: TO BEING OK OR NOT BEING OK - OR IS THAT EVEN A QUESTION?

A significant number of people are wondering, “What is going on?” “How will we recover?” “When will life go back to normal?” There is much debate about all of this now.

It is important for your own personal vitality to understand and accept that you will deal with what is happening now differently from how others will. There isn’t just one path. We are all different in our reactions, sense of safety, resilience, and levels of stress.

So many changes at once:

1. Where and how we work
2. Losing a job or changes in the job
3. Amount of time we spend at home
4. How we shop
5. How we interact with family and others
6. What is safe and what isn’t
7. Financial instability
8. Leadership crisis in America
9. Police brutality and Racism

There is grief, stress, pain, transition, uncertainty, instability, fear, and more.

Many people will say that “being resilient” is the key. Resilience is the capacity to recover quickly from difficulties—toughness. It is true that resilience is important to begin anew. Just remember your pace is your pace.

A suggestion:

Allow yourself to experience your feelings. Staying in our heads and “knowing” gives us an illusion of confidence. The challenge is that we don’t know a lot right now. So, try to let go of having to know, and lean into your feelings. Get in touch with your needs, your gifts, your passions, where you find your energy, and what keeps you happy.

1. Keep a journal and write down how you feel.
2. As you better understand why you are feeling what you feel, firmly focus on what will help you feel better.
3. Share your feelings and ideas with close friends, a therapist, and/or a spiritual guide.
4. Have compassion for yourself. You will regenerate and bounce back.
5. **It is also very important to be aware of what you are grateful for. Keep a gratitude journal.**

How OK are you? What can you do to take excellent care of yourself?