

during FLEXIBILITY TOUGH TIMES

Why it is easy to get "stuck"

Tough times usually mean we are going through some kind of change. Many times it's not even change we wanted or asked for, such as the illness or death of someone we love, or even our own grief.

Being the creatures of habit that many of us are, we may find ourselves almost hunkering down during these times. Doing this can give us a sense of control and stability, but may also cause a bit of defensiveness. Let's face it - change can be hard and scary, and the idea of being flexible during these times can make a person want to roll their eyes and just say, "You are saying that because you don't get it."

The tricky part is that if we stay in this hunkered down state of being, we can get stuck there. And "there" is not a great place to be. "There" can be dark and lonely after a while. "There" can feel heavy and hopeless. That is why we bring in the idea of flexibility. Flexibility allows us to notice what is working, what is no longer serving us, what needs some attention, and where we want to spend more of our energy. Flexibility allows us to step into our grief when we need to, but then gives us permission to step back into really living when we need a grief break - or the other way around.



**"BE STUBBORN ABOUT
YOUR GOALS, BUT
FLEXIBLE ABOUT
YOUR METHODS."**

PJ Limbang

Taking another look at flexibility

While the word flexibility or the thought of it might be a bit daunting alongside all of the change you are already facing, I encourage you to see it as an invitation to be compassionate with yourself. Life may not be feeling "right" right now, and keeping ourselves accountable for the tasks or level of expectations we had for ourselves before these tough times can take a toll on our well-being.

It can be as simple as taking yourself through a short practice like this:

I need to _____ by the end of the week.

Normally I would do it by doing _____, _____, and _____.

*Think for a moment. Are the ways you used to do this task still going to work for you? If so, great!
If not, let's bring in the flexibility part ...*

I'm frustrated that those things won't work, but I guess I could try _____ and _____ to start and see how I feel.

This is helping us still get to our goal, but be flexible in how we get there.

I like to think that flexibility in tough times is like jumping into a kayak. The kayak is just big enough for us alone, so we don't have to bring anyone else's expectations with us *whew*, and it's small enough for us to steer on our own, so we can handle it (*I promise*).

It's also great because we have total control of where we go and how we get there. Want to take a different route than you see others taking? Go ahead! Want to go at a different speed? Totally fine! All we have to do is keep ourselves afloat and make small corrections along the way.

It can be tough to row alone at times, but it's amazing what happens when we allow ourselves time to rest, look around us, and be grateful for doing this journey in our own time and our own way.

So try something new, or just give yourself permission to do something old in a different way. Your kayak for this journey is waiting, and you *are* ready.

*Your kayak is waiting
You CAN navigate this!*

