

Self-Care Links

[Power of Positive Thinking](#)

Free online audio book.

[“In every walk with nature,
one receives far more than he
seeks.” John Muir](#)

[Tips to Achieve a Positive Mindset](#)

Positive thinking offers physical
and mental health benefits.

[You Won't Regret This](#)

Life and Executive Coach Joel
Redeance shows us how to
inventory our values.

[The Secret to Succeed](#)

The importance of maintaining
a life balance.



A Funny Truth



Let's Count to Three

No one likes uncertainty or the sense of being out of control. Unfortunately, many are enduring such feelings due to COVID-19 and all the social and economic consequences that come with such a virus. Kelly McGonigal, Ph.D. gives insight on a three-step approach to help us manage such uncertainty.

First, affirm your identity, which can feel very challenged about now. An example of what we mean by identity is seeing yourself/being the primary or joint financial household provider, with the challenge being professional job loss or furlough. Second, acknowledge what is so difficult about your circumstance, why you are avoiding a particular fear and pain. Then give yourself permission to accept and articulate this pain, allowing yourself a compassionate space for self-care. Third, shift your focus from control to choice. Instead of asking yourself what can you control, ask yourself what can you choose in this situation, who do you want to be in this situation. With the above identity example, your choice might be to choose to continue to support your family by finding additional community resources to offset budget constraints due to only having unemployment income during a compromised job market.

McGonigal offers the phrase “I, alone, am not the cause of the suffering and I, alone, cannot resolve or cure the suffering.” With this as your mantra, you are coming to an understanding that this life circumstance is bigger than you. This is critical because you are now allowing yourself to no longer cling to a false sense of control, allowing yourself to surrender to simply do your best and have compassion for yourself as you endure this life's juncture.

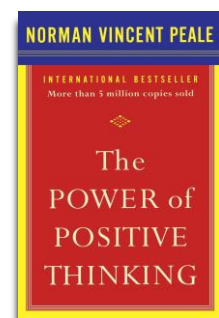
The YouTube link for McGonigal's three-step approach is [Three-Step Approach](#). This video is part of the National Institute for the Clinical Application of Behavioral Medicine YouTube series. The Institute also offers paid and free online courses and resources on their site [nicabm](#). They are CE/CME accredited and can be a good professional and personal resource.

The Winner's Corner



Hilary Storie wins this
month's self-care gift card!

Book Club



Dr. Peale's powerful message of
faith and inspiration.