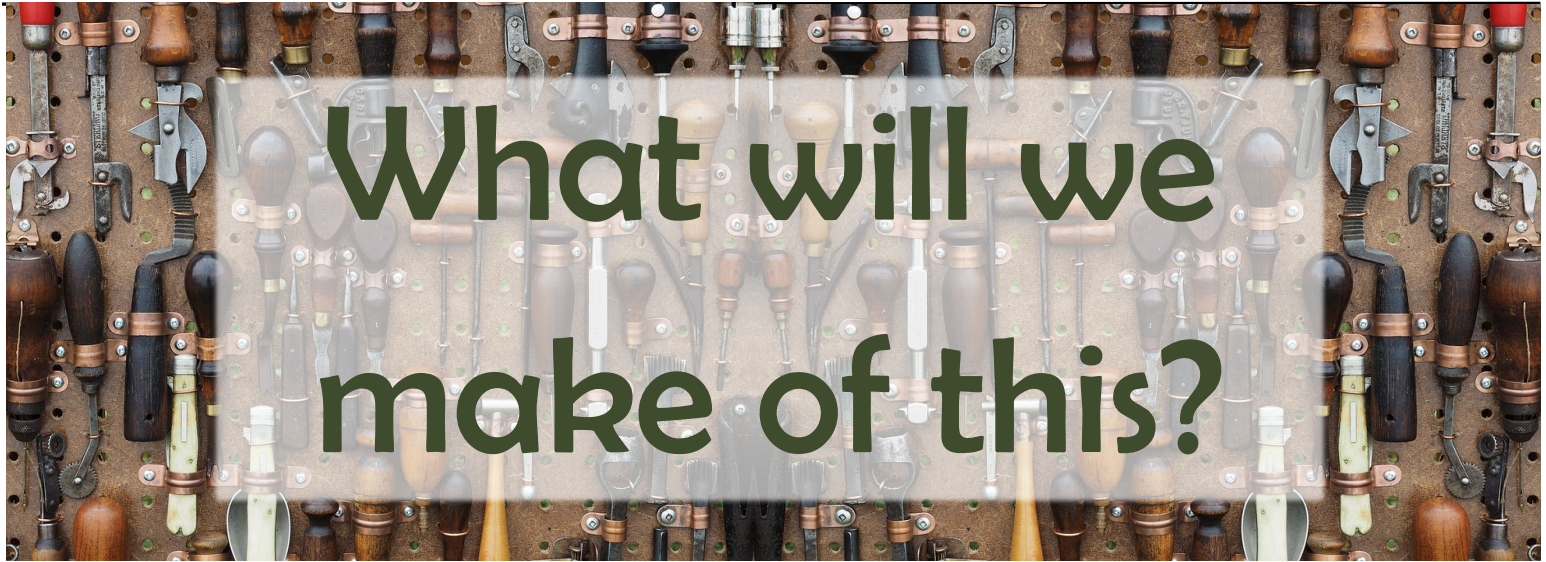


Topic of the Month

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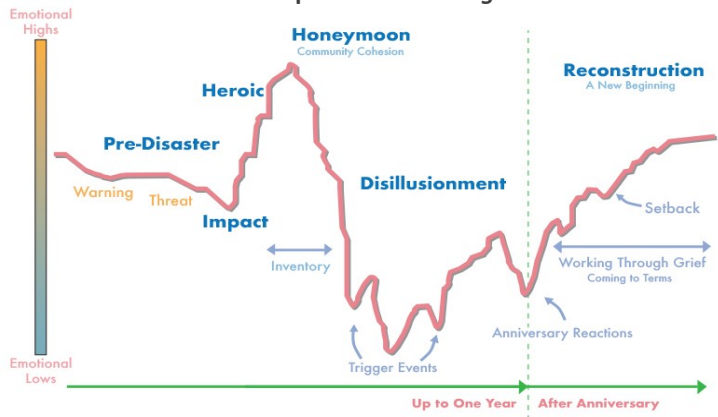
Free - Help Yourself!



What will we make of this?

Sometimes we happily invite change into our lives: accepting a new job, getting married, moving to a new home. Sometimes unwanted change finds us in the form of individual loss, lack, pain, or sadness. Rarely though, has so much change descended upon our whole species as quickly and as completely as it has in the last few months.

Phases of Disaster Response - [Click image to learn more.](#)



Each of us is reacting to these changes in our own way, and we're also experiencing and responding to it as members of communities. For many of us, our initial individual and group reaction was to throw ourselves into a flurry of activity. Some of us worked longer hours, and some of us volunteered, but almost everyone felt the drive to [do something to help](#). After the initial panic subsided, the grind began. It's difficult having every aspect of our lives impacted and constantly having to [find ways to navigate](#) the unanticipated, and mostly unwanted,

ripple effects that global changes are having on our personal lives.

Now we are faced with the knowledge that there is no going back to the way things were. Our lives, communities, and world are and will be different. We didn't choose these changes. However, we have a choice in how we respond to them and what we choose to make of them. And make something of them we will - whether we do so purposely or unintentionally. Now is the time for us to consciously decide: do we automatically try to replicate what was, even the parts that didn't work all that well, simply because that's what we know how to do? Or will we choose to take what worked best and use those things as tools to make something new?

If we choose the latter, we have to accept some realities:

- Creation takes effort.
- Our endeavors won't always work out the way we hope.
- We may have to start over, again.
- We will get tired and frustrated, with ourselves and others.

So, what *will* we make of all this? How do we explain this time to ourselves? What will we build based on that understanding?

Experience is a hard teacher, because she gives the test first and the lesson afterward.

- Vernon Law, MLB pitcher

Taking care of ourselves can take a lot of support. We're here to help!

Ask a nurse or provider if you'd like to talk.

How do we explain this time to ourselves?

The way we make sense of the world around us is greatly influenced by our [mindset](#). Some people have a “fixed mindset.” They tend to believe that their basic intelligence and abilities are pretty much predetermined.

You get what you get and just have to do the best you can with it. They avoid failure because they see it as a reminder of how limited they are.

Some people have a “growth mindset.”

They believe that their abilities can grow and develop with time and effort. They don't fear failure as much because they see it as a way to learn and improve.

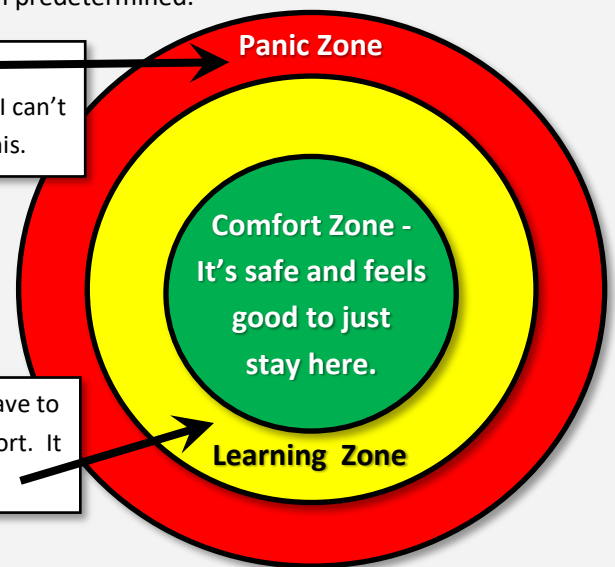
They may even question the very idea of failure, since learning is their main goal.

[We are all living through a difficult time](#), but it is possible to move on from panic, without retreating to hide out in our individual and collective Comfort Zones. Being able to build a “better normal”

depends on our willingness to be uncomfortable and to remain focused on the greater goals of learning and growth.

This is too much!
I'm overwhelmed, and I can't learn when I feel like this.

This is challenging. I have to focus and put forth effort. It can be uncomfortable!



How do we find the [courage](#) to “keep on growing?”

- **Mentally practice multiple scenarios.** Imagine both the worst that could happen if you acted courageously, the outcome if you don't do anything and also a positive outcome. Identifying risks can help you plan your response, and “immunize” yourself against your fears.
- **Explore your negativity bias.** Many people tend to pay attention to negative outcomes but disregard positive ones. Are you considering positive outcomes as often as you worry about negative ones? When you do contemplate negative scenarios, see if you can pause, re-examine, and think about them in a more helpful way.
- **Excavate any foundational fear.** Is it fear of being wrong? Fear of being labeled incompetent? Fear of being vulnerable? When we know what's really standing in our way, we find ways to work through it.
- **Take good care of yourself.** Building bravery when you're feeling fearful takes effort. We're strongest when we've had enough sleep, when we're well nourished, and when we're physically active. Taking the time to relax and calm your mind can help you to focus on carrying through with courageous actions.
- **Practice leaving your comfort zone.** Look for small ways to challenge yourself in becoming comfortable with being uncomfortable. The more you do it, the more you'll come to see yourself as someone that isn't trapped in their comfort zone, but someone who enjoys effort.
- **Connect with your support team, and offer support to someone else.** We can help each other to move through fear and into [courage and growth](#).

No one can be responsible for where or how we each begin. No one has the freedom to do anything or everything, and all choices bring consequences. What we choose to do next, though, how to spend our resources or attention or effort, this is what defines us.

- Seth Godin