

Through the Storm

Description



Perhaps youâ??ve heard or seen this quote before. (Full disclosure, I snagged a screenshot on Google, but this is actually a greeting card, so if you know someone going through a trial & want to drop them a card, check it out [HERE](#))

Iâ??ve seen this quote many times, in different formats. Sometimes itâ??s â??the devilâ?• whispering in the warriorâ??s ear, sometimes itâ??s â??fateâ?• and sometimes itâ??s just â??theyâ?•. But I think many times, itâ??s not fate or any â??theyâ?• in particular whispering *you cannot withstand this storm*; itâ??s our own inner critic whispering that. Itâ??s us, selling our own selves short. What kinda nonsense is that?! (Nonsense yes, but also, sadly, a very common, human thing to do.)

When life throws unexpected tragedies or misfortunes our wayâ??be it loss, illness, or personal crisisâ??itâ??s natural to feel like the ground has shifted beneath us. And sometimes, like we arenâ??t strong enough to withstand the storm. And in these moments, the demands of work, family, and daily life continue as usual, even when we feel least capable of managing them. That can be incredibly overwhelming. How do we show up when our heart is broken? How do we silence that voice and push through when the world feels like itâ??s falling apart?

Tragedy and heartache affect not only our mental and emotional state but also our physical and cognitive abilities. **Itâ??s important to first acknowledge that weâ??re human**, and during times of significant stress, our capacity for focus, energy, and engagement may be compromised. Sometimes it feels like a challenge just to get out of bed and dressed for the day. It is important for us to acknowledge the validity of what weâ??re experiencing.

While it's tempting to push feelings aside and power through, suppressing emotions can lead to burnout or emotional breakdown. However, responsibilities remain—jobs need to be done, children need care, and bills need to be paid. The balance lies in learning how to honor our emotions while still fulfilling the critical responsibilities in our lives. And that is tough. When you're in the thick of something painful and distracting, are you practicing self-compassion? Are you reflecting on the following:

- How can I create space for my emotions while still maintaining my necessary commitments?
- Where do I need to set boundaries to protect my mental health and emotional well-being?
- How can I communicate my needs to my support network—whether it's at work or at home?

When we're in crisis, focusing on work or personal responsibilities can feel daunting. Finding smaller, manageable tasks to focus on can provide a sense of accomplishment and stability. It can also help to identify what truly matters and where our energy should be spent. So, ask yourself:

- What is the smallest step I can take today to move forward in one area of my life?
- How do I define what success looks like for me in this moment, and how is it different from when I'm at full capacity?
- How can I recalibrate my expectations of myself in a way that honors my current situation?

It's crucial to understand that it's okay to ask for help. This could be in the form of professional support, like with a therapist, or a trusted Coach (wink), or leaning on personal relationships. It's not a sign of weakness to admit that you're struggling—rather, it's a sign of resilience. I encourage you to think about those people in your life you can turn to for support when you're struggling. How are you communicating what you need? And if you're not currently doing so when you need support, why aren't you?

Healing doesn't happen overnight, but life doesn't stop while we heal. By being intentional about how we engage with our work, relationships, and personal responsibilities, we can find a way to move forward, even if it's with slow, deliberate steps. When you're weathering the storm, reflect on the following:

- What does moving forward look like for me, and how can I take one step toward it today?
- How can I maintain a connection with my long-term goals, even if they seem distant or impossible right now?
- What small victories can I celebrate in this moment that show me I am still moving forward?

We can't rush the storm. But we can weather it with the strength inside us and the support around us. Remember that *you are the storm!* You have a warrior inside you. And when you struggle to remember that, please reach out to me, or anyone else in your corner, to remind you as many times as necessary until the rumbles of thunder begin to fade.

Category

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2. Family
3. Life
4. Mindset

Tags

- 1. strength
- 2. strong
- 3. tough times
- 4. trials
- 5. warrior

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