


How To Keep Working During Personal Hardship

Seven Ways To Get Through Tough Times


Whether it's a life-threatening disease, the death of a loved one, a divorce, a significant injury or something else, personal hardship takes its toll on us all at one point or another. Here are some tips to care for yourself and others when these twists and turns of life occur:

1. Check In with Yourself




Give yourself the gift of being honest when others ask you how you are. When you're going through a hardship your job is to feel and process it, not to fake it to make others feel better.

2. Ask For Help




Yes, many of us have been taught that this is a sign of weakness (as is vulnerability), but it couldn't be farther from the truth. People want to help. And when they are asked for help, it lights up the reward center in their brain.

3. Pad Your Schedule




When you're in the middle of a personal crisis or profound hardship, you can't be fully present. Part of you is processing the trauma, grief, shock of the experience. And based on the degree of intensity, that "away" part can be a huge part. Give yourself more time than usual to complete work.

4. Get Into Nature



Nature is life-affirming, especially when we need to remember beauty, grace and the peace of stillness. Even a 30 minute quiet walk in the trees or a park can bring one peace. Ideally you'll be surrounded by quiet and forest, yet do what you can.

5. Meditate



Learning to cultivate internal peace and quiet provides you with a sanctuary you can always retreat to. Even a mere 5 minutes daily starts to train your relentlessly busy mind that it's not in charge—your higher self is.

6. Watch Movies That Help You Feel



You may need to laugh and lighten up, you may need to cry and let it all out. Suppressed sorrow becomes anger. When we watch movies that help us cry, we can finally let it all out, making room for more kindness, gentleness, and connection to come in.

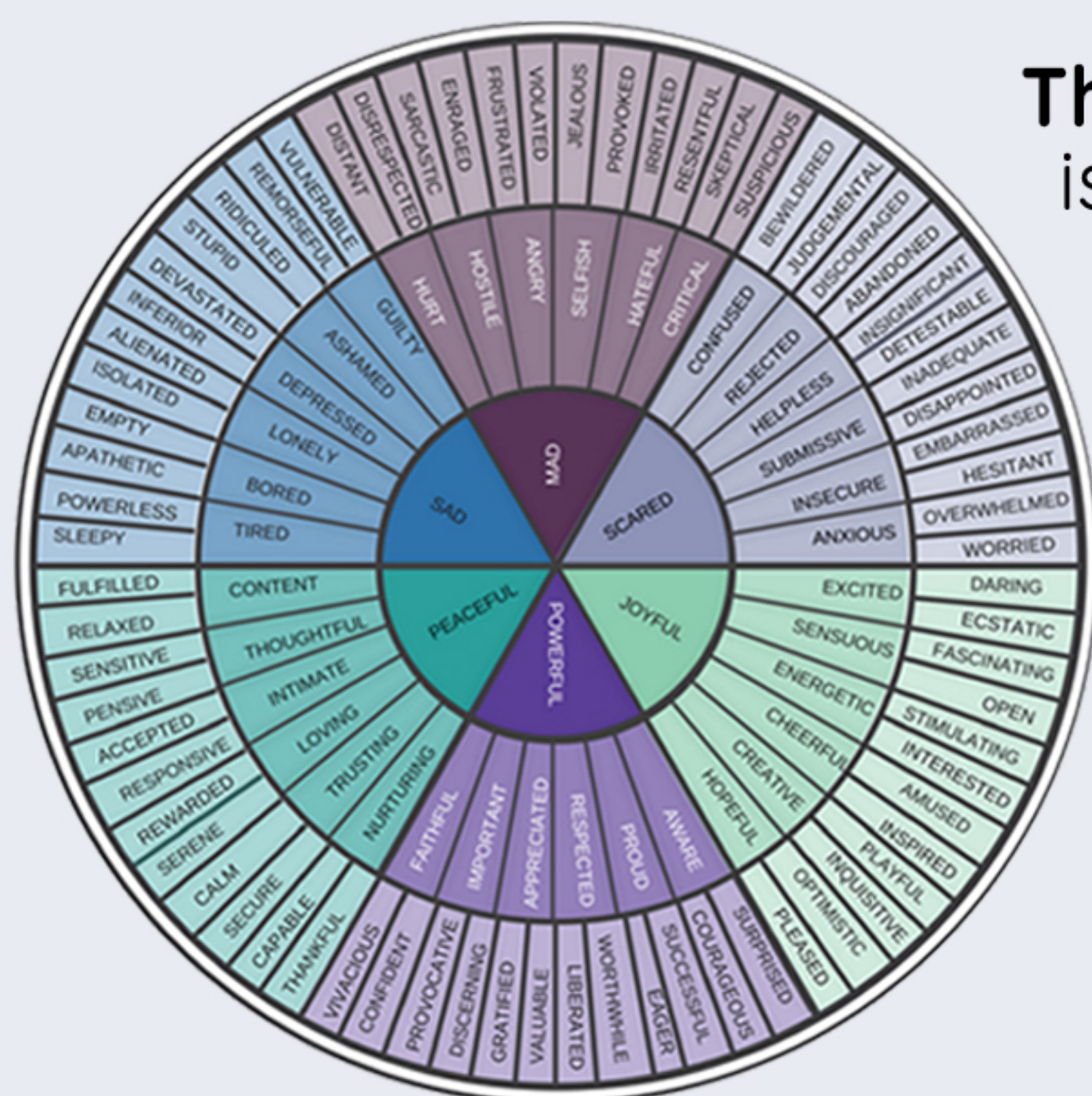
7. Honor The Process



Healing from a personal hardship will take different amounts of time for different people. Honor your and their process, without setting expectations and deadlines. The seasons take time, so does healing. Chill. Enjoy the process, let it unfold, gather the wisdom from it, and later you'll look back on it as a transformative time.



Use these tools to support your process:



The Emotion Wheel is a helpful tool to get you in touch with how you are feeling.

Knowing your **Organismic Rights** helps you honor your Rights to Exist and Have Needs, so you can ask for help when you need it.



Find these tools and more at <https://smartertribesinstitute.com/infographics>

When leaders use these tools, they get results like these*:



87-93% less time in Critter State



92% Increased compassion for others



85% Increased compassion for self

*Stats are from over 1,000 of SmartTribes Institute's coaching and workshop clients

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