



# NEWSLETTER

# SUMMER 2020

## WHAT TO DO WHEN THE WORLD FEELS OUT OF CONTROL

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One minute your life is normal. You carry on not giving a thought to what may be. You are the master of your destiny. Then something beyond your control happens --- your world gets all shook up. Certainly with the recent pandemic of COVID-19 our world has been shook up! So many things we took for granted are dramatically different. The good news is.....earth-shaking events will continue to happen in our lives; but we **do** have the ability to control how we respond. What can we do to survive and even thrive during this crisis?

**Offer help to others.** When you focus on someone else's emotional or physical needs instead of dwelling on what has happened to you, you feel a sense of connection and accomplishment rather than hopelessness. Can you check in with people you have lost touch with? Offer to help an elderly neighbor with groceries?

**Look at the event as a not-so-gentle reminder.** It's so easy to take your life and people you love for granted. When something shakes up your world, it might just be the reminder you need to appreciate everyone, including yourself. Find the time for the people who matter to you, including yourself *right now*.

**Consider how it helps you grow.** Every experience is a life lesson. You will be wiser, emotionally stronger, and perhaps have some newfound knowledge or skills in an area you knew nothing about before. Perhaps you used to eat out all the time, but having to stay home has made you more creative with cooking and you discover a passion you never knew you had. Perhaps your family has developed some new traditions during this crisis time that are worth keeping even when things get back to normal.

**Lean into God's stability during times of instability.** Psalms 62:2 says that "*He only is my rock and my salvation, my stronghold; I shall not be greatly shaken*". One truth in all of this is that we have God. We have his peace that He gave us, and we can focus our thoughts on His peace alone.

