



How to get through life's hard stuff in one PEACE

No it's not a spelling error in the title. Isn't PEACE what we crave for when we are going through life's hard stuff? And don't we want to end up in one PIECE without feeling exhausted, shattered and giving up hope? Changes and difficult things are inevitable while we are still alive! Here's what I have learned however about keeping myself in one piece and at peace while I am dealing with the proverbial s***!

- **Life is a curve, not a straight line.** It naturally gives us humps and bumps. It gives us moments to fly and moments to trudge in the mud. When I accept that as truth, I get that life will improve somehow, sometime soon and I will come out stronger! As they say, patience is a virtue and faith can move mountains. So true!
- **The "expert" is sometimes not the "expert".** It's easy to think someone else has the answers for your pain and heartache. You head to the doctor, the counsellor, google or something outside of yourself. Often your intuition and own knowingness knows better.
- **Nature has the power to heal.** Get outside and do whatever soothes your soul. Everything is rhythmic in nature and it can help us find our own rhythm and balance at a neurochemical and soul level. It also helps us sleep better, so we can cope better!
- **Ban busy** Take something off your to-do list. You don't need to be a meditation guru, but regular stillness practices are a great idea. Breathing is often a forgotten thing, so learn how to breathe properly! Lighting a candle each day and sitting for 10 minutes can be life-changing. Jumping under the covers can also be helpful sometimes!
- **Don't shake up a bottle of fizzy drink without taking off the lid now and then.** Feel your feelings rather than numbing them. Express your emotions freely, rather than exploding in one big powerful "boom". It's not pretty when that happens!
- **Be a chatterbox** Have someone to help you "move your mountains" and never feel alone. Prayer or what I call "constant conversations" with God, Spirit or the Universe is a great thing. Zip up sometimes though and listen.
- **Grab your diamond** There is always a diamond in the rough and your "humbling" doesn't have to be your crumbling. What we think can be disastrous can be the best thing to happen to us. What we think will be joyous, may not be. Release expectations and judgements of what's a good and bad experience.

- **Take off your super-woman cape** Stop playing martyr and give others a chance to step up. You don't have to do it all! Flag the guilt and get over yourself. Air stewards also have some good advice. Take the oxygen mask provided and put it on first! Self-care is not selfish. It is self-giving so you are better able to do what you need to do.
- **See your stepping-stone successes** It's easy to get bogged down in the long term view of things, rather than seeing the "little successes" that are in fact huge successes. Also cut your huge things into manageable steps.
- **Pieces of your life puzzle (also known as combinations of stresses, hang-ups, s*** moments!) often come together through hindsight** Don't try and work out your life puzzle, only with the pieces you have at the moment. Often it is in hindsight that those revelations and lessons get revealed. Be patient, and trust, trust, and trust some more that life is perfectly panning out as it needs to.

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