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Working Well

Handling the Cloudy Times

May 2006

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Wellness Friend

It has been awhile since Working Well has been in your box but this issue is one that will make up for the lost time! We have all of our email glitches worked out now (I hope!) and are ready to roll!

This issue, I decided to focus on how we handle the challenges that appear in our lives. My father was recently diagnosed with a serious health condition and it has really awakened me to some realities in our lives and how we take for granted some of the most important things...assuming they will always be there. I have devoted this issue to helping you "be well" when you are going through a tough time.

Also, please take note of the Wellness Resources to your left. They highlight great resources for your well-being and for your business. I recently took advantage of a great networking tool that really helped me narrow down the places where my target market hangs out. Thanks Adam Kovitz and the National Networker for your great resource!

Please enjoy and feel free to forward this on to any friends and family who you think may benefit from the information.

Thanks for reading and Be well.

Facing the Challenge

I recently gave a keynote address at a Women's

Conference for JP Morgan Chase who decided to honor the women who worked for them. Throughout the keynote as I spoke on the challenges we face at work, home and with our families, I could not help but notice the faces of the women in the crowd. They were attentive, wide-eyed and excited to be receiving information on how to make their lives better. I realized at that moment, like I have so many other times, how hungry we all are for this information but yet so afraid to admit we are having challenges dealing with the many "clouds" we face in our lives.

I started to think about why this is so and came to the conclusion that we have been conditioned throughout our lives to "pretend" that all is okay, to not rock the boat and, as crazy as this may sound, to ignore the problem and it just may go away. Of course, we know none of these options nurture our well-being. So, what are we to do when we find ourselves not able to see through the clouds? I want to share a great poem with you that may help you think about this a little further. It is called:

"Dance Like No One is Watching."

We convince ourselves that life will be better after we get married and have a baby, then another. Then we are frustrated that the kids aren't old enough and decide we will be content when they are. After that we are frustrated that we have teenagers to deal with. We will certainly be happy when they grow out of this stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a new car, are able to go on a nice vacation, or when we retire.

The truth is, there is no better time to be happy than right now. If not now, than when? Your life will always be filled with challenges. It's best to admit this to yourself and be happy anyway. Alfred D. Souza said, "For a long time it had seemed to me that life was about to begin – real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life." This perspective helps us to see that there is no way to happiness. Happiness is the way. So, treasure every moment that you have. And treasure it more because you have shared it with someone special, special enough to spend your time and remember that time waits for no one. So, stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gained ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or a new home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you are off welfare, until the first or the fifteenth of the month, until your song

comes on, until you've had a drink, until you've sobered up, until you die, until you are born again to decide that there is no better time than right now to be happy. Happiness is a journey, not a destination.

Work like you don't need the money. Love like you've never been hurt. Dance like no one is watching.

To Help You Along the Way

- **Smile**

When we smile, we activate thousands of nerve endings in our face that immediately send a positive message to our brain. Even though you may not feel like smiling, force a smile and you will notice the instant change in your feelings. (Plus, it promotes less wrinkles than frowning!!)

- **Really evaluate the situation**

Whatever the situation may be, take a good look at what is really going on and do your research. In the case of my father, instead of worrying incessantly about his health, I did research on the internet about his condition, flew out to go to a doctor's appointment with him and talk to him daily on the phone. These action steps helped me lessen the imagination part of my brain that was taking over and focus on what was really going on.

- **Plan YOU time in your schedule**

There is a great word that a colleague of mine once used and that word was "hopium." Hopium is when we "hope" something will happen but we really do not plan for it to happen. For instance, how many of you hope to one day get some time for you? If you do not plan to take 15 minutes to read that book daily, go for that mile walk, take that Jazzercise class, it will never happen! Scheduling it in your planner, blackberry, whatever you use tells yourself that "I now have made a commitment to myself that I will keep just like I keep my commitments to others." And DO IT!!

- **Set Your Daily Intention**

I spend the first 1/2 hour every morning setting my intentions for the day. I focus on how I want the day to go, how I want to feel that day and how I want to serve that day. If I am giving a keynote, I ask to say whatever it is my audience needs to hear; if I know my day is going to be jam-packed full, I ask to help me focus on only one thing at a time. Set your intentions every day because what we think about expands; it's the law of the universe.

- **Exercise and Eat Right**

We are all familiar with the term GIGO (Garbage In,

Garbage Out). What we put in our bodies, and our minds for that matter, directly affects what we get out of it. If we do not plan time to exercise our bodies, even in the smallest of ways, how can we expect it to perform when we ask it to? On the same notion, if we feed our bodies sugar, processed foods, fast foods and never drink water (which is one of the keys to lasting health), do we have the right to complain when we are sluggish throughout the day and have no energy to pull from? Think about what you feed your body. The quality of what you put in is what you will get out. And that is the truth!

- **Lean on friends and family**

How many of us feel that when we are going through a challenging time that we do not want to "bother" others with our problems? Let me put it this way, when you have a close friend or family member who is going through a rough time, what is your first instinct? We want to help, be there, take care of them, etc. When they do not let us, we feel helpless and they feel alone. The reason friends and family were put into our lives was to act as a source of strength in time of need and suffering. Not taking advantage of that is like not eating when you are starving. Let those who want to help you help, talk to them about your challenges. You never know, they may have the answer you have been agonizing to find.

- **Do something you enjoy**

I hereby grant you all permission to stop, relax and do something you enjoy once every day. Now, me giving you permission is one thing, YOU giving you permission is another. If you do not fill your car with gas, will it run? NO!! If you do not take the time to refill your tank by granting yourself permission for "down time," how will you be able to give those you love what they need if you do not have it yourself? Love yourself enough to stop, rest and relax, even if it is only for 5 minutes a day (even if you have to lock yourself in the bathroom !!! MOM's!!).

- **Read a good book or watch a good movie**

So many books and movies have such great messages. I am itching to see that new movie "Akeelah and the Bee." I have gotten so many great insights from books and movies. Plus, it gives me something to do that I love during my ME time. When you are down, grab your favorite book or movie and get lost in it's story and forget your own for the time being.

- **Spend time in nature**

Think of a minute of the feeling you had the last time you were in a forest, near a waterfall, standing

in the sun on a nice sunny day. Being in nature helps tune us into our true selves and gives us an added boost of energy to get through our day. When you are feeling stressed or down, take some time to be in nature and let it's energy heal you.

- **Hang around people who make you feel good**
We have all heard the saying that we are judged by who we hang around with on an on- going basis. Not only may we be judged, but we are influenced by their energy and their behavior. If you do not have very positive influences in your life, take note of those people who make you feel "not so good." CHOOSE (notice my choice of words here) to spend your precious time with those who make you feel good, support you, appreciate you and love you. It makes a huge difference in your energy day to day.

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UPCOMING EVENTS:

May 30th, 2006, *Wellness Preview*, Hawthorne Suites, Newark, DE 7:00-8:00pm.

June 19-23, 2006, *America's Rising Stars Youth Leadership Camp*, Girl Scouts of Chesapeake Bay Camp, Newark, DE, 8:30-3:30pm daily.

July 17, 2006, *Cold Calling Tele- Seminar*, 7:00-8:30pm.

September 30, 2006, *Building Your Self- Esteem*, Hawthorne Suites, Newark, DE, 9:00- 12:00pm.

Be well,

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Wellness**

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