

### 33 Encouragement

Dear PCS Friends,

I hope you are safe and feeling supported.

Take what delights you and leave the rest.

1. **Being YOU is the Best Gift for Everyone.** When you think about the people you turn to in your life, you will notice that you turn to different people for different things. If you need financial advice, you turn to one person, if you need a hug, you probably turn to a different person. When you need tough love, you know just the person for that job versus when you need someone just to tell you that you are the best thing that ever happened to this planet. Here's the rub; you turn to each of these people because you know their inherent nature and these are the things at which they are best. These different personalities and gifts were most likely things these folks were born with or developed naturally and easily. The people in your life need you to be as fully yourself as you can be. Of course, we can always do things to improve and make ourselves happier and better, but really, who we are naturally is what is going to shine through anyway. So why not embrace who you are and be the best YOU, you can be?

We've all had the experience of trying to be more like someone we admire or just trying to be less like ourselves. I want to assure you that you are needed just the way you are. You bring things to the table that are so uniquely YOU that no one else could ever be YOU the way you can. Trust yourself. You are enough.

2. **Safety in Structure and Routine:** We have certainly been through a lot these last two years and especially this summer with the fires and all the losses. My heart aches for all of you who are so deeply and personally affected by this tragedy. One of the things we know about trauma recovery is that having a sense of structure and routine is key to establishing a sense of safety. Wherever possible in your world, reestablish old comforting routines around daily activities like eating meals at a specific time, getting into an exercise routine, journaling, reading, meditating at the same time each day, and going to sleep and waking at the same times. Predictability helps with a sense of control in times when we feel unsure. This is really important to help our children feel safe and secure, too.
3. **Spread the Love- You First.** Quick! Tell me one thing you absolutely adore about yourself. Now, tell someone in your life something you appreciate about them today. Great job! ;)

I am so grateful for all of you. I wish you well and will be in touch again soon!

Warmly,

Becky