

## 34 Encouragement

Hello dear PCS friends!

As ever, take what delights you and leave the rest.

My dear friend and colleague, John Sebold, recently introduced me to the 4 C's of resiliency. Research has found that we humans need a few key things in place in order to be our happiest, healthiest, most resilient selves. Most of these things will be familiar to you from your own life experience and what we have discussed through these emails. I'd like to explore each of these "C's" a bit more in depth. I now use these C's to check in with myself when I am feeling miserable to see where I can enhance one or all of these areas to feel better.

1. **Connection.** We not only suffer emotionally when we are isolated, but loneliness and isolation actually increase our risk of heart disease, diabetes, dementia, arthritis, inflammation and other physical ailments. When you or someone you love is suffering from isolation and loneliness, this is a serious situation and should be addressed. Connect with others through an activity like D&D, hiking, music, sports, or even online gaming. Pets can be a tremendous comfort and help us feel connected and loved. Reach out to friends and family. Not only will you benefit your health, you will benefit theirs as well. One of the best possible connection points we can have in our lives is when we have a relationship where we are helping someone, contributing to a cause, and feeling like our showing up for and with someone matters. Volunteer work is great, but anything that makes you feel useful and connects you with others will benefit you tremendously.
2. **Context.** To piggy back on connection, the next C is **context** or purpose. In order for us to be happy, healthy, and resilient, we must find our sense of purpose. It's the age-old question of the meaning of life. Typically, being of service in some manner to humanity, nature, animals, family, friends, or community is what gives us a sense of value and meaning. We have to have a deeper reason behind what we do on a day to day basis in order to motivate us to keep doing it. For me I am lucky enough to love what I do on a day to day basis just because it is enjoyable in and of itself, but it also has deep meaning for me. I basically go for walks or drives with people and my dog or I play games and have chats. I like doing this just because I enjoy the people I meet with but I also feel great knowing that being the Auntie therapist helps my clients feel better and be more healthy in the rest of their lives, too. It doesn't have to be that your job has great meaning for you in and of itself, it may be that your work provides you the income you need to live the rest of your life with your loved ones in a way that makes you feel secure and purposeful.
3. **Control.**
4. **Competence.**