

## 36 Encouragement

Hello PCS friends!

I hope you are having a beautiful fall!

Last week I introduced you to the 4 C's of resiliency, health and happiness. We looked closely at **Connection**. This week, let's talk about the 2<sup>nd</sup> C, **Context**.

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

1. **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 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 because it is enjoyable in and of itself, but it also has deep meaning for me. As a therapist, I 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. In my other job, I get to share healing and celebration through massage and energy.

**Find Your Why.** 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.

**The 5 Whys.** This is a fun exercise. Start with a statement like "I have to go to work." Then ask yourself "Why is that important to you?" over and over again until you get to a deeper meaning:

"I have to go to work." Why is that important to you?

"Because I have to make money." Why is making money important to you?

"Because I have to pay my bills and buy the things and experiences I want." Why is it important to pay your bills and have the things and experiences you want?

"I enjoy supporting my family and spending quality time with them. My job let's me afford to do these things." Why is this important to you?

"Making my family happy and safe is the thing that makes me feel happiest."

Now, when you go back to work, it's more joyful because you know **why** you're doing it.

You may be surprised at the answers that you discover when you do this exercise. I invite you to find a friend or family member to ask each other the 5 whys. It's really fun. You can use it with any statement. I have to rake the leaves. I have to finish school. I have to visit Grandma. I have to walk the dog. Usually once I've asked the 5 why's about something, my mindset shifts to; I get to go to work. I get to rake the leaves. I get to go to school. I get to visit grandma. I get to walk the dog. I'd love to hear what you discover!!

There are many ways to look at each of these C's. Take a look at what they mean to you and trust the answers you get. Next week we will talk about **Control**.

I hope you are well!

Warmly,

Becky