

# *Living Well in the New Normal*

## by Chris Vasiliadis

Considering these current times, it's likely rare that you'll use the term "normal" to describe them, or hear others do the same. Many are anxious for things to get back to normal, or fondly dwell on how great things were in the past.

The problem with this way of thinking: it stalls us. It puts us in a state of waiting for change to occur before we take action. That's a pretty uninspiring and self-defeating way to be: in a sense, we're giving our power away.

Instead, consider that this IS the new normal.

The way I see it, what's going on right now has put a spotlight on what was already there. We're all getting a big lesson on a massive scale on how to deal with uncertainty and unexpected events. Life was always unpredictable: that facet is just magnified with what's going on now. As such, we need to figure out a different way to work and be well in this current arena.

Where do you begin?

1. Start with accepting the current state of affairs, versus pushing back on them.

Whether it's dealing with financial challenges, care giving for elderly parents, family members or sick children, or some other undesired event, I'm not saying to pretend to enjoy what's going on, or to give up. Instead, accept that this situation is happening right now. Step back, take the 50,000 foot view and be an observer. It's here, it's now, so now how do I work with and move through this event without being consumed by it?

When you can peacefully accept what's on your plate, that's the beginning of gaining clarity on the next best step for you to take.

2. Be OK with taking small steps.

Instead of staying stuck and frozen by the current situation, pick one small step to move ahead on a current challenge or one small way to energize you or allow yourself some recovery time. Possible examples:

- You have a colleague or friend with whom you've considered collaborating. Contact them for a phone or coffee meeting to discuss and brainstorm ideas.
- Choose and commit to consistently performing a minimum of 10-15 minutes of an activity that energizes you, especially through the holidays. Deep breathing, a brisk walk, dancing to some favorite tunes. A close friend of mine has fallen in love with her new mini-trampoline. For some jumping inspiration, check out this amazing half-time show at an Army-Navy basketball game: <http://bit.ly/60y>
- Quiet time, yoga, meditation, a cup of tea in a comfy chair.

This is the new muscle we're all going to build: tuning into what we need most, right now, in this moment, vs. a helter-skelter way of being. And then following through with that action. Small steps reduce resistance: take them.

3. Be grateful for the good.

What you focus on expands, so choose to focus on the good. It's not always easy: consider the nightly news or the people who constantly dwell in "gloom and doom" mode (and you know who

they are). Check in with yourself at the end of each day, and reflect on good parts. Some days it may be a stretch to find one: but commit to noticing them. Just as small steps are OK, small pieces of good are OK too. Allow yourself to acknowledge and enjoy them.

Chris is a Certified Wellness Coach who happens to be living well with Multiple Sclerosis. Through her coaching and training firm, Priority Wellness (<http://www.prioritywellness.com>), she helps individuals in a life or work transition navigate the process to achieve the best possible outcome, while maintaining their well-being. She also works with stressed out and depleted people who are ready to increase their energy and decrease their stress, so they can perform better and be more relaxed at work, life and the things they love. Chris can be heard twice a month on her internet radio show, Energizing You, on [blogtalkradio.com](http://blogtalkradio.com). She is currently co-authoring a book on women business owners who have experienced a personal crisis while running their business. Chris can be contacted at [chris@prioritywellness.com](mailto:chris@prioritywellness.com) or 781-791-7642.