



2020 Survival Through Self Care

The Pandemic of 2020 has many anxiously waiting for things to return to normal. Others say this could be the new normal, with predictions of aftermath changes, adjustments, and possibly recurring outbreaks. Some say this is just the beginning of big, but beneficial changes coming. With so many unknowns that we can't control, how do we rely on our survival, on any level?

Do yourself a favor and accept there will always be things we cannot control. I mean think about it for a second . . . haven't you already had something drop you to your knees to the point you were not sure you could get through it? Yet you did! As aggravating as this can be sometimes, it's nothing compared to what you have already survived, is it? But now, flexibility and creativity are the keys to empowerment!

What's the alternative? Feeling powerless, angry, sad, and victimized? No one wants to be there, and whether it's a pandemic or simple, everyday life, the sooner we understand that we always have control over our peace of mind, the more resilient we will be. Internal peace is your freedom, and it reminds you that you ALWAYS have options. ALWAYS! Remind yourself too, that as the Sh** Show is going on, you can choose to be part of it and to what extent, OR NOT TO JUMP IN AT ALL. It's like choosing to watch a parade instead of joining in the parade. Remember, the longer you watch, the harder it becomes to not absorb and not participate; your attention and participation ADDS TO whatever it is. You will ALWAYS absorb something when you turn your attention towards it; your mind and memories will continue to process it regardless, so ask yourself if that's important enough to take that chunk out of your life and your priorities? Trust me, there will be lots more coming as far as changes, "facts," and jaw-dropping drama. Don't get sucked in; remember you control YOU!

Stay true to who you are and to your own unique gifts—your talents, personality, creativity, your beliefs—no matter what everyone else is saying, and you'll always find a way! We are moving into a time where self-awareness (knowing you are a critical part of a bigger mission) will make life much easier. We will have to do our own thinking, following our own instincts based on the feelings of our heart, and likely not anything we've been taught or heard. It could simply be a very unique way of looking at things; that's why your own experiences, knowledge, and creativity are so badly needed! The robotic ways of thinking were NOT working well for anyone. We are intended for more joy, more grace, more fulfillment in our lives!

So it begins with self-acceptance and listening to our own inner guidance . . . thinking with the powerful energy of the heart and having it tell the smaller power of our brain what to think and what to do—not the other way around! (Only using the brain—one-third of ourselves—is what makes life difficult!) We need extra nourishment of the mind, body, and soul, in whatever way it draws you. Your heart takes you back to remember and learn MORE about who you really are; it leads you to new ideas, new things you want to pursue, new ways to do things, new people around you. The bonus is, all of these things will benefit others even when you don't see how at first! There's a reason it wants to come out of you; there's a greater good it will serve. Be open and listen to what comes; different and unique and often simplified is the key. We need ALL of it, so badly, for ALL of us!

It's time for change and it will be forced upon us if we don't each do our part to usher it in. Simply look at anything that does not bring you joy and peace. Start there! Be DONE with it and LET IT GO! What DOES bring you joy? The joy you can feel deep in your chest when your heart grows and opens? Big or small, *start doing that*—that's the first and hardest step! Nourish YOU, in every way. Nourish your creativity. Allow your ideas to come, and be brave and act on them. Your survival could very well depend on it, and your happiness certainly does!

You do this and no matter what, you will be okay and in a much better position to help others, especially your loved ones! From simple, little daily things to enormous changes that can occur anytime, self-care and acceptance of your beautifully-unique-and-perfectly-designed self is the key! Not just for surviving, but for thriving! Be YOU! THE WORLD NEEDS YOU! ~*Mary Anne*

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