

Positivity Through Crisis

By Foster McCarl

Our world is changing right before our eyes, and the way we process our thoughts has a significant impact on our ability to grow through this, rather than be beaten into submission by it. As has been said before, no matter where you go, there you are. The difference is that today, people aren't actually going anywhere, and are subjected to the reality of their consistent interactions with their family and themselves.

For family members that work together, the problem is exacerbated. They normally see their immediate and extended family multiple times a day, every day. Without that constant touch, this can be a very stressful time.

So, I think we need to pause and look at the good:

- We are spending more time with our spouses, children and pets than ever before. A good friend of mine who regularly travels for work, told me that he has not spent this many nights in his own bed in 20 years.
- The vast majority (studies show up to 80%) of the time we will ever spend with our children, takes place by the time they turn 18. This is providing once-in-a-lifetime chance that, as parents, we will most likely not enjoy again.
- People's view of the physical world we live in is different than ever before. With "X's" on the floors of most stores we walk into, you would think that this is a bad sitcom . . . with marks, cues and lines to be said. What is really happening, is that we now have a heightened awareness of our physical presence in the world.
- Most of us had been spending at least part of our time living life between status updates, but now, we are excited to get out and go for a walk. When was the last time you have even seen so many of your neighbors at one time, let alone taking walks or sitting on their porches every day?
- People are coming together to help each other. One of my clients, a restaurant, started a soup kitchen just days after closing their doors. Others are going out of their way to supply masks and gloves to hospitals around the country. What an amazing opportunity to be of service.

Regardless of your specific situation, don't just do something, stand there. Observe the lives of the people around you and be grateful for the things you used to take for granted. I truly believe that we can come out of this a stronger, more resilient people.

"You are what you think all day long."

- Ralph Waldo Emerson