



Seven Steps
on the
Road to Resilience

By Sheryl Green

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Welcome!

Let's be honest, very few people research self-help when life is moving along wonderfully. If you've downloaded this, it's probably because you are experiencing some rough waters right now and are looking for help navigating a crisis or support in taking your life to the next level.

Please allow me to be your surf instructor (not an actual surf instructor; I tried surfing last year and I think I'm still coughing up salt water).

Unlike most self-help books and articles, I'm not going to tell you that there's something wrong with you. On the contrary, (and please channel Billy Crystal as you read this) you are marvelous!

You might be experiencing some difficult times, and things may look a bit bleak at the moment, but there is good news. You already have the tools and the characteristics that you need to ride this massive wave to shore. Yep, I said it. You've already got everything that you need, and you've been practicing it for (please insert your age here) years.

So why am I here? Why do you need to keep reading?

Because no matter how much time we spend reading and learning and practicing self development, it's the times in our life that we need it most (like your current crisis), that we forget to use what we've learned.

I'm here to remind you of just how amazing you are, to remind you to utilize the tools you've been sharpening for years now, and to help you uncover that inner super hero.

No matter how bleak life seems right now, please know that this crappy time will pass and you will soon find yourself looking back on it and exclaiming: "I am a freaking super hero!"

Happily holding your cape,

Sheryl Green

Step 1: **This is a "No Victim" Loading Zone**

Have you spent the last few weeks asking the question "Why me?" Well, stop. I read a self help book when I was going through my divorce (actually, to be perfectly honest, I think I read EVERY self-help book at that time). But one of them really stuck out for me because it cautioned the reader against ever labeling themselves as a victim. When you do that, you give your power away to someone else and lose the ability to make changes in your life. When you accept that everything in your life has led to where you are right now, and you are the only one responsible for your situation, you take that power back. It may sound harsh, but if you want to avoid being hurt in the future, you need to take back your power.

Here's how to take your power back:

a) Ask yourself, "How did I get into this situation?"

b) Now ask yourself, "How do I prevent myself from getting into it in the future?"

**"I am a survivor and not a victim. Life isn't perfect. When you get a knock, you have to get up, dust yourself down and get on with it." -
Patsy Kensit**

Step 2: **Do you Kiss your Mother with that Mouth?**

Chances are that you say things to yourself that you wouldn't dream of saying to your worst enemy. Even worse, no matter how old you are on the outside, there is still a little child inside of you that takes everything she hears, to heart. Would you say those awful things to a kid?

While self talk is always incredibly important, it becomes even more so when you are going through a challenging time. Remember that you are just an itty bitty human trying to be loved, accepted, and trying not to drown in the human experience. You are going to make mistakes. You are going to head down the wrong path a few (hundred) times. You are doing your best and your self-talk should reflect and praise your effort.

Here's how to be nicer to yourself:

a) Notice when you are saying something nasty to yourself. You might be surprised by the frequency with which you verbally abuse yourself. It's unconscious at this point, so you will have to listen carefully.

b) Replace your self-talk with something nicer. For example: "I'm so stupid" becomes "I made decisions based on the information I had at the time, and now I have more information to make better decisions."

(Side note: in case you are wondering, taking responsibility for where you are in life does not give you permission to beat yourself up or talk crap about yourself for it.)

"You've been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens." - Louise Hay

Step 3: **The Past is Passed**

It's time to embrace change. You know how I know that you have this skill already? You aren't wearing diapers (my apologies if you are). You don't carry a stuffed animal with you at all times, you don't sleep in a race car bed, and you probably don't have the same haircut that you had in Elementary School.

You know how to embrace change. It's just a matter of accepting that what has always been is no more. You can cry, you can complain, you can take a little bit of time to adjust. The only thing you can't do is have it back the way it used to be.

Here's how to accept that:

a) Find the good in the experience. You've heard that every cloud has its silver lining? It's trite but true. You may have to look really closely, or step way back, but you can always find the good in something if you look hard enough.

b) Look to the future. This is just another opportunity to rock your new circumstances. How are you going to make it awesome?

**"It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change." -
Charles Darwin**

Step 4: **1,2,3 Action!**

No one's life has ever improved by complaining. If you aren't happy with something in your life, take steps to change it. If you are in a bad relationship, leave it. If you are in a go-nowhere job, find a new one. If you are overweight, release it. This step is as difficult as it is simple.

My mom loves to tell the story of my breakup with my pacifier. In front of me, the Daycare Director said, "We can't move Sheryl into the older class until she stops using a pacifier." At which point I promptly plucked the pacifier from my mouth, dropped it in the trash can and stared at the director defiantly. I knew where I was, where I wanted to be, and I took the action necessary to get there.

Wouldn't it be great if life were always that easy. It is. We just use our big, messy adult brains to complicate things.

Here's how to simplify them:

- a) Evaluate where you are now. Be honest. Overestimating your position or abilities here will set you back not propel you forward.
- b) Consider where you'd like to be.
- c) Decide what action you can take today to get closer to your goal... and then take it!

**"Sometimes you've gotta get through your fear
to see the beauty on the other side."**

- The Good Dinosaur

Step 5: **Next Panic Attack in 3...2...1**

If you are going through a rough time, you may need to schedule your emotions. Sound silly? Why? You schedule everything else in your life. Would you start cooking dinner when you are supposed to be meeting with your boss about a promotion? Would you change into your gym clothes right before you deliver a presentation to a prospective client? No! Then why would you have a breakdown while you are supposed to be doing another activity?

When you schedule your freak-outs, you give yourself permission to experience the necessary emotions without allowing them to overrun your day or your life. Block out some time each day to be sad or angry or scared, and then whenever those emotions pop into your heart and your head, thank them and then remind them that you are not scheduled for another panic attack until 6 PM. They can come back at that point.

I know, you aren't a robot (unless you are...) and this is going to take some practice. But with some work, you can train your mind to stay focused on the task at hand, and save the emotional outpouring for regularly scheduled time.

Here's how to put yourself on a Stress Schedule:

1) Take a look at your calendar and set aside 30-60 minutes to journal about whatever has come up during the day, cry onto your dog, beat the crap out of a pillow, or lock yourself in the closet and scream.

2) Notice when anxious thoughts pop into your head during the day and threaten your serenity. You can jot down a quick note to remind yourself, and then tell the thought or fear to take a hike until it's scheduled time.

3) Take the time to experience your emotions, but don't go over your allotted time. You've got other things to do!

"I have my doubts, but there's no time for that now." - Nahko Bear

Step 6: **Where My Peeps At?**

Sometimes the worst part of a life crisis is how alone we believe ourselves to be. When just a few days ago, you may have felt surrounded by love and support, now you feel embarrassed, ashamed, and alone so you retreat inward. Maybe you feel like a burden, or maybe you think that you are the only one who has experienced something like this.

You aren't.

Now, more than ever, you need to reach out to the people in your life who love you (and the professionals who can help you). You need support, a shoulder to cry on, and guidance to navigate the murky waters ahead.

Here's how to tap into the amazing network of love that surrounds you:

- 1) Make a list of the people that have been there for you in the past, and the people for whom you have offered support. Narrow it down to 2 or 3 people that you can have a heart to heart with. I don't recommend more than 3, because constantly reliving your problem is not going to help you get better.
- 2) Find professional help. If you are afraid that you may hurt yourself or someone else, look for a psychologist or psychiatrist immediately. However, if you are ready to identify the cause of your pain, and take steps towards erasing it and writing a new future for yourself, find a coach.

**"I get by with a little help from my friends."
- The Beatles**

Step 7: Answer the Bat Signal

When you are at your lowest point, when you think that you will never feel happy again and that there is absolutely nothing you can do to help yourself... stop trying. Stop focusing on your problems, stop licking your wounds, and put your energy into making someone else's life better.

Animal rescue literally saved my life. After my divorce, I was so depressed that I could barely get out of bed in the morning. I didn't believe that anything could make me feel better and I was about ready to throw in the towel. Until I found out that animals were being mistreated and abandoned (that's not the part that made me feel better). Rescuing them, speaking for them, became my own rescue and helped me find my own voice.

But my life is a mess. How can I help anyone else?

Superheroes don't wait until their lives are perfect to rescue others... why would you?

When you help others, your brain releases dopamine (the happy chemical), you meet new friends (with similar interests), discover skills you never knew you had, and actually end up both happier and healthier than when you started.

Here's how to trigger the happy juice:

1) What's your cause? It might not be animals (but yay if it is!). You might have a soft spot in your heart for children, seniors, veterans, or the homeless. Who do you want to help?

2) Help them. Find a local organization that supports your cause and find out how you can get involved. Maybe they need puppy snugglers, volunteers to read to children, a ride to the doctor, or someone to sort donations for a homeless shelter. Spend a couple of hours a week (or whatever you can fit into your schedule) helping someone else and soak up all the amazing benefits.

"The best way to find yourself is to lose yourself in the service of others." - Ghandi

A Reminder for the Bathroom Mirror

Step 1: **This is a "No Victim" Loading Zone:** Take back the power in your life

Step 2: **Do you Kiss your Mother with that Mouth?:** Improve your self-talk.

Step 3: **The Past is Passed:** Stop resisting change and embrace it with open arms.

Step 4: **1,2,3 Action!:** The best way to finish something... is to start.

Step 5: **Next Panic Attack in 3...2...1:** Schedule your stress for a peaceful and productive day.

Step 6: **Where My Peeps At?:** Now is the time to reach out to loved ones and professionals.

Step 7: **Answer the Bat Signal:** Stop trying to fix your own problems and go rescue someone else.

"When one door is closed, don't you know,
another is open." - Bob Marley

Thank you!

I am honored that you've taken the time to read through my Seven Steps on the Road to Resilience and I hope that it has provided you with some strength and solace during a difficult time. (Or a giggle at the very least)

If you thought this was helpful, there's more where this came from.

Would you like some extra support? (Who wouldn't!?!) I invite you to take the next step and schedule a free discovery call with me. We can discuss your current situation and I will offer guidance as to how to navigate the roadblocks between where you are now, and where you'd like to be.

Together, we will create a plan to get you back on track (and preferably on a better one). While things may seem dark, please know that you are not alone.

**Schedule a call today and let's uncover
that inner superhero!**

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About Sheryl

Sheryl Green is a New York native living and thriving in Las Vegas since 2008. After years of “comfort zone quicksand,” and a devastating divorce, Sheryl found herself in a deep depression. A self-described “sad-ass,” she used volunteerism and a variety of other tools to lift herself out and rediscover the super hero inside. She has now dedicated her life to helping others overcome their hardships, through motivational speaking, coaching, and more.

As a resilience coach, Sheryl helps her clients tap into their existing strength to face whatever stands in their way. She provides the support, encouragement, and gentle kick in the ass needed to get you out of the old story holding you back, and into the life of your dreams.

Sheryl approaches life, coaching, and speaking with humor and heart. She'll make you laugh, cry, and embrace your own super powers.

In her spare time, she likes to read, travel, hike with her Beagle/Lab mix Akasha, and do yoga (also sometimes involving Akasha).

"Everyone experiences challenges in their life. It's what you do in the face of challenge that determines who you truly are."

- Sheryl Green

