

UPH E AVAL

WORKBOOK

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ACCEPTANCE

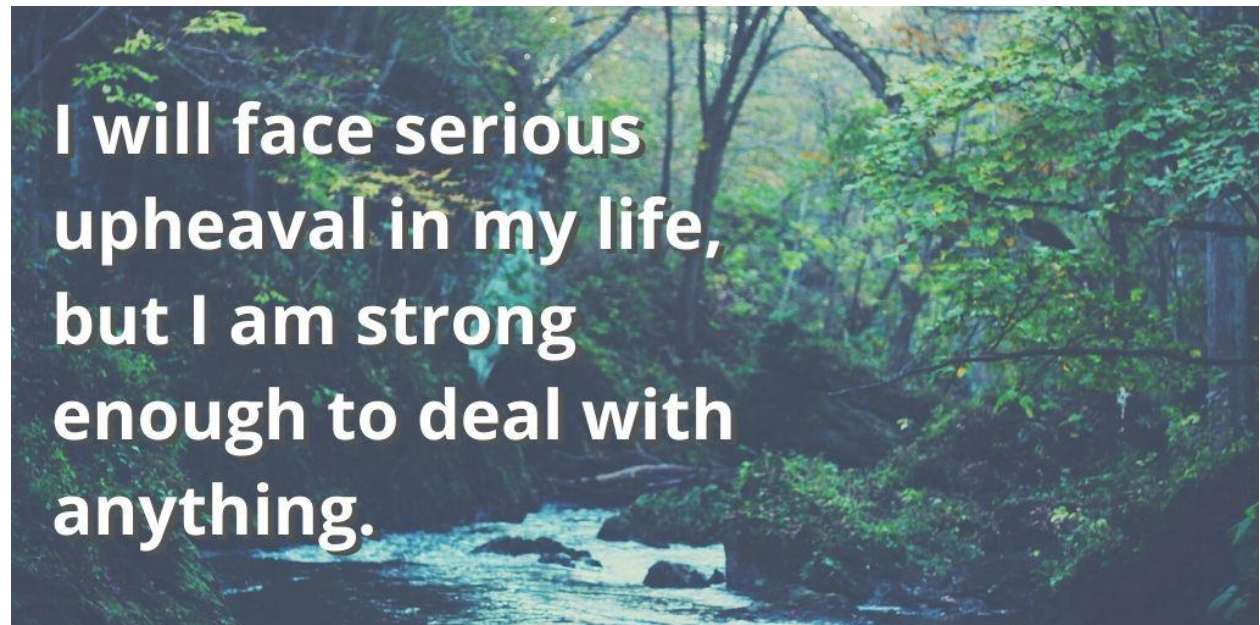
We have already talked about it, but it is important for you to accept that major upheaval is going to happen.

It isn't fun to think about your future misfortunes, but acceptance will make healing possible.

A Helpful Affirmation

If you are someone who uses affirmations already, or interested in the concept, here is a simple one you can use every day. For maximum effectiveness say this mantra out loud each day.

Repeat it until you feel it.



What Could Happen?

This next exercise might be tough, but I think it is important to think about all of the major disruptions that MIGHT affect you.

You obviously can't predict everything, but think about some of the major disruptions you are likely to experience (loss of a parent) as well as some that could befall anyone.

While this might seem to be a negative exercise it will make sense in the next section. Plus remember, not all upheaval is bad!

Upheaval That Might Disrupt Your Life

[illegible]

[illegible]

PLANNING

The last exercise was important, because it perfectly segues into the next step of dealing with upheaval: Planning.

While you can't plan for all upheaval in your life, you can do your best to plan for the disruptions you listed in the last exercise.

Try to think of how you will handle the above situations. While these types of events can never be totally planned for, at least thinking about what steps you can take prepares you mentally when the time comes.

How Will You Deal With Future Upheaval?

[illegible]

[illegible]

CONTROL

The thing about upheaval in your life, it's usually so jarring because you don't have much control of the situation.

If a loved one is diagnosed with a terminal illness you can't heal them. If a tornado hits your house, you can't shoo it away.

But you can control *some* things. The most obvious thing is how you react.

You can control how you treat that ill family member. You can control how comfortable they are. You can control how you rebuild your home. You can control how your family is sheltered in the meantime.

Even in times of utter despair, being able to reach out and control something can be the lifeline you need.

Using your list from the first section, think of what things you might possibly be able to control in the wake of the upheaval.

Things You Can Control in the Wake of Upheaval

[illegible]

[illegible]

SUPPORT

One of the most helpful things to have in the wake of upheaval is a strong support system.

It's much easier to deal with serious life issues when you have your team with you.

Once again, we are going to use the list you created in the first exercise. For every instance of upheaval you listed, jot down some people in your life who can support you.

My Support System

[illegible]

[illegible]

MIND & BODY

There is one thing that is almost always in your control – how you take care of yourself.

Taking care of yourself **today**, makes handling any sort of disruption in the future easier. You are much more able to tackle upheaval, if you are of a sound mind and body.

In this exercise, you will think of some lifestyle changes you can enact **now** in order to be better prepared for upheaval in the future.

Three Healthy Eating Choices You Can Start Today

Example: You will start tracking your calories for a week

- 1.
- 2.
- 3.

Three Ways You Could Get More Exercise

Example: You will start tracking your daily steps

- 1.
- 2.
- 3.

Three Ways You Can Focus on Self-Care

Example: I will start practicing meditation

1.

2.

3.

These lifestyle changes might not seem important in the grand scheme of things, but everything you can do to focus on your overall health, will pay off down the road. This is doubly true, when you are dealing with any significant disruption.

CONCLUSION

Thinking about the major life altering issues we might experience isn't a fun exercise.

It is vitally important however.

Once you accept that upheaval is going to happen, you can start focusing on ways you will deal with it.

You can't prepare for everything, but it just makes sense to prepare for some things.

Just remember, no matter what life throws at you – you can deal with it. You got this far, and that was no easy journey.

- Believe in yourself
- Believe in your plans
- Believe in your support

If you do, you will overcome any upheaval life throws at you.