

After an Illness

Regaining Balance in a Rough Patch - by Sgt. Steve

Facing life's unpredictability sometimes throws us off track. We find ourselves going through a slump, a grey period, or what I like to call a rough patch. In my recent bout with COVID, I was reminded of this challenge, and I believe some of you might benefit from the insights I gathered during this time.

The Challenge of Disruption: Last week, the world seemed off-kilter for me. COVID's grip led to restless nights and foggy days. Moments like these punctuate our lives when external situations make us feel as if we're losing control.

"A healthy man wants a thousand things, a sick man only wants one."

- Confucius

It was a physical ailment for me, but many face emotional or unexpected challenges. Whatever the cause, the goal remains the same: to return to what feels 'normal'.

TIPS TO REGAIN BALANCE

Name It

Recognize and label the disruption. Is it a health challenge? Or maybe you tell yourself "I've deviated because I skipped the gym three days in a row." Whatever it is, identifying exactly what the problem is, is crucial.

Stop Making it Worse

Do you have some responsibility for your predicament? Own it, and then stop contributing to it. Remember what our favorite singing cowboy said:

"If you find yourself in a hole, stop digging." - Will Rogers

Hit Pause

It's natural to want to act immediately. However, sometimes, stillness can offer clarity. Imagine you're in a murky pool, searching for something. Only when you stand still does the water clear, revealing what was hidden.

Forgive Yourself

Regardless of the setback, whether it's a personal mistake or a natural circumstance, offering yourself grace is a step towards healing. If you were counseling a friend who was beating themselves up over a similar situation, you would advise them to let it go. Be kind to yourself.

Back to Basics

My road to recovery began by reverting to familiar, healthy habits. Re-engage with your everyday practices. Whether it's replying to emails or just getting up and putting on a clean shirt, doing normal things can help you feel normal.

Time is Your Friend

It's tempting to want immediate results, but often, patience and perseverance are our best allies. Some phases naturally fade with time.

"Only time can heal what reason cannot." - Seneca

"If you're going through hell, keep going."

- WINSTON CHURCHILL

It's not the challenges but our response to them that defines us. Remember, these rough patches are transitory. Fine, you got knocked down... **Get up!**

Post-recovery, I leaned into my Stoic routines. The experience itself shaped this very newsletter. While recovering, I used it as fuel, and I used it as material. Most importantly, my normal is writing about Stoicism, so I used the problem as part of my path back to normalcy.

"The blazing fire makes flames and brightness out of everything thrown into it."

- MARCUS AURELIUS

Have a great week, and be safe out there.

**Amor Fati,
Sgt. Steve**