



Standing Through the Storm

“Life is a storm, my young friend. You will bask in the sunlight one moment, be shattered on the rocks the next. What makes you a man is what you do when that storm comes.”

– Alexandre Dumas *The Count of Monte Cristo*

I like the quote above. I can hear it being spoken by Edmond in the movie, *The Count of Monte Cristo*. I remembered it in these last weeks due to our share of driving rain and ominous dark storms that swept across the country leaving us wondering if we would see the sun anytime soon. Did you know that our name “Sirocco” is the name of a storm? A sirocco is a sweltering, sultry wind, often dusty, that blows from the deserts of North Africa across the Mediterranean Sea as it mixes with cooler wetter air blowing into Southern Europe. Moving in a counter clockwise motion, it can reach hurricane speeds especially in the summer season. When the rain mixes with the red sands, it is actually called “blood rain.” It can last from a half day up to 3 days to clear out. The dust can cause abrasions and breathing issues, headaches and insomnia. It settles on cars and even penetrates openings in buildings and windows similar to the sand storms we have in the western U.S. It’s all encompassing. But it doesn’t stay that way. Soon a wisp of blue sky peeks through the clouds and finally the sunshine is strong across a clear sky.

Dark, foreboding skies can bring change and adversity. Tumultuous, whirling winds and blood rain blow through our lives changing the temperature unexpectedly. We are caught between feelings of

helplessness and powerlessness when facing tragic circumstances. Our sense of self can be uprooted, but our roots run deep. Our peace will not be found on the outside in material possessions, or in other people nor in all of our accomplishments. Our spiritual core forms the foundation of our human spirit, our values, beliefs, purpose and meaning of our lives. It's in the depth of our spirituality and life growth marked by resiliency and hope that gives us the ability to stand in who we are and challenge adversity.

Realistically, we can then move on towards restoration. We may be changed due to our experience, but ready to fulfill our life's destiny when the storm ends. Personal transformation, enhanced strength and spiritual deepening often follow tragedy and storms. Coaching is valuable and powerful to impact those who need help returning to their sense of equilibrium and resolve.

Our awareness that storms are a normal part of life can help us prepare for them. Here are some ways you can prepare:

1. Get in touch with your spiritual side. Spiritual preparation precedes victories over life's storms.
2. Explore your seven areas of well-being, as that is where your courage and strength are born.
3. Be flexible, as storms are unpredictable.
4. Assess and take notes on how you handled challenges in the past.
5. Face the storm. Take action, make a plan, engage a support network & celebrate achievement.
6. Pay attention to the good. Examples include the kindness of strangers, community support, etc.
7. Examine the negative. There may be lessons to learn.
8. Recognize that situations change and nothing stays the same forever.
9. Interrupt thought streams or ruminations about the past or worrying about the future.
10. Use meditation or other methods to calm your mind and body, and focus your mind.

Go to www.siroccowb.com/self-ceo-well-being to learn more about "Success Over Stress"

The Sirocco Companies
Energizing Organizational Strength & Well-Being

Sirocco Coach-Consulting, LLC, "Leaders Igniting Passion, Energy and Performance," www.siroccocc.com

Sirocco Well-Being, LLC, "Inspiring Passion, Energy, Performance in Life and Work," www.siroccowb.com