

# LIVE 4 YOU COACHING'S SELF-CARE FOR THE SOUL



## POSSIBILITIES

Volume 2, Issue 5

May 2009

**“POSSIBILITIES ARE EVERYWHERE, BUT WILL ONLY  
APPEAR TO THOSE WHO BELIEVE”**

There is new life around us now. Flowers are blooming, the grass is green, and the birds are singing again. I awaken to the sun shining through the windows and the sound of lawn mowers running, ready to embrace nature once again. Spring is the time for growth and optimism for the months ahead. The month of May celebrates motherhood and the gifts that being a mother brings. Mother's Day reminds us to appreciate that special person who loves, nurtures, and guides us through life. A mother's nurturing role allows us to grow, develop, and flourish. As we grow older and no longer need our mothers to take care of us, we too often forget to nurture ourselves. What areas of your life need nurturing? When was the last time you felt nurtured?

May is also Mental Health Month, focusing on raising awareness about mental health disorders and wellness for all. I couldn't help but think about the increased amount of negativity that surrounds us daily from the news, media, and society. We want and hope for a bright future but because of hard times and economic uncertainty, we are left feeling depressed and worried about what tomorrow brings. How do you thrive and stay positive during such challenging times? How can you stay focused on your goals even when they seem out of reach? Focusing on what you cannot control does not change anything and only uses up valuable energy that could be used on something productive. We can't predict the future but we can predict how we choose to handle it.



### Upcoming Workshop:

Join Penny and Sally Jones, CEC (friend and colleague) for a fun, relaxing, and interactive afternoon!

#### Envision Your Hidden Treasures

Princeton Center for Yoga and Health  
June 13th, 2-4 pm

You will learn how to define and manifest your "ideal images" for life by creating your own treasure map. Don't miss this opportunity to bring your treasures to life!

Cost: \$30.00  
Early registration discount  
of \$20.00 by June 4th

To register please click on the link below:  
<http://www.live4youcoaching.com/events.html>  
Feel free to contact Penny for more information:  
[pnstoll@live4youcoaching.com](mailto:pnstoll@live4youcoaching.com)

## Possibilities



**“THERE IS NO  
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ALREADY ARE”**

During this recession there are challenges, changes, and choices we are going to have to make; many of them will not be easy but we can and will survive. What would you say if I asked you what your definition of survival is? For me, it's more than just having a place to live, food, clothes, and money to pay my bills. It also includes my ability to pick myself up when I fall, use my skills and strengths, know when to ask for help, and stay true to myself in the process.

Change is scary. When you feel like you have no control over what is happening around you, anxiety and panic sets in, making it hard to remain upbeat. You will not be able to alter what already is but what if your thoughts alter how you experience “what is”? The way you perceive your life is the way it will stay. Think about what is NOT working for you right now. Why not try a new approach? Here are some questions I'd like you to think about:

How happy do you think you were when the economy was doing well?

How would you describe yourself before the recession, positive or negative?

What were some of the major stressors in your life before the recession and how different are they now?

What changes have impacted your life the most and why?

What is one thing that has actually changed for the better now?

Some of you may have a hard time answering the last question, believing that things have only changed for the worst. I am going to challenge you to continue to question it until you find that one thing! Think about it.....change is necessary for new opportunities and possibilities.



Life constantly changes but your ability to remain positive can be a constant in your life. Here are five simple tips to help you stay positive throughout your day:

1. Limit the amount of time you spend watching the news- Mass media concentrates on negative stories to attract attention, rarely mentioning positive events. There is nothing wrong with wanting to stay current with the world around you; you just don't want to get sucked into gloom and doom.
2. Enjoy the little things in life- Focus on what you *do* have. Start a gratitude journal. You will attract more of the good stuff.....trust me!
3. Add activities to your life that don't cost money- Financial struggles may prevent you from doing things that cost money but there are many things you can do that require no money. Ex.: walking, writing, reading, watching movies with friends/family, listening to music, going to the park, singing, dancing, exercising, etc.
4. Look for inspiration from the people you connect with and admire – It could be friends, teachers, celebrity figures, or co-workers. What can you learn from them?
5. Think about what isn't helping you right now; it may be time to try something new- Are your thoughts helping or hurting you? How would you rate your coping skills on a scale of 1-10? What can you do differently?

Take care of yourself, surround yourself with people and things that make you feel good, and remember-*You create your possibilities!*

For more information about Live 4 You  
Coaching's services and packages contact:  
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[www.live4youcoaching.com](http://www.live4youcoaching.com)

(732) 626-3359



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