

Hi JHCS Families,

I hope this newsletter finds you healthy and well. Time keeps propelling forward and seems to be going faster the older I get. As I pondered the world we live in and the hope that 2021 would be better. However, the question became how do we continue to endure the trials and tribulations of life? I found some other words similar to trials and tribulations: ordeal, toil, hardship, pain, suffering, and trouble. We all, at some point, will experience all of these things. The trick is how do we move through it while waiting for it to be over?

“No one is immune to the trials and tribulations of life” ~Martin Lawrence

Hardships and trials can come upon us, we can bring them upon ourselves, and many are out of our control. So how do we survive, thrive, and move through it without losing ourselves in the process? I ran across many different articles and suggestions that can help to get through the process. Some suggestions to cope with hardships are:

1. Acknowledge
2. Speak Up
3. Examine what is causing your feelings
4. Make time for yourself
5. Exercise
6. Eat right
7. Get enough sleep
8. Ask for help

As I read some of these suggestions, I thought, “wow, some of these are just so simple and common knowledge.” However, when we are in the thick of trials, tribulations, and hardships, these are the things we forget to do. Some quotes I felt could be helpful and give hope that at some point things will get better are:

“Difficult roads often lead to beautiful destinations”

“I am open to new ways of dealing with challenges”

“Soon, when all is well, you’re going to look back on this period of your life and be glad that you never gave up”

“Life is tough and we all have our own challenges to face. But we don’t have to face them alone. With a caring heart and encouraging hand, we can all play a role in supporting others through their greatest hardships”. ~Dr. Kathryn Seifert~

Best Wishes,  
Sam Grabert

## Resources

Life is Tough: Overcoming Hardships and Failure

<https://www.psychologytoday.com/us/blog/stop-the-cycle/201308/life-is-tough-overcoming-hardship-and-failure-0>

Resilience: Build skills to endure hardships

<https://www.mayoclinic.org/tests-procedures/resilience-training/in-depth/resilience/art-20046311>

Build up your resilience to stressful events <https://www.mentalhelp.net/blogs/build-up-your-resilience-to-stressful-life-events/>

Coping with Adversity <https://www.tc.columbia.edu/articles/2016/november/psychology-of-adversity/>

What is resilience?

<https://www.verywellmind.com/what-is-resilience-2795059>