

Hi there JHCS Families,

I've been pondering mental strength as we continue through this worldwide pandemic. What is being mentally strong? Does being mentally strong have a different meaning now? I ran across an article written by Amy Morin, a social worker, entitled, A Simple Formula for Staying Mentally Strong During Tough Times. In the article, it read, "At one time or another, your mental strength will be tested." It was published several years ago but I feel it is more appropriate for our world's current situation.

She identifies four main areas in the article that can help us to be mentally strong.

1. Accept reality - recognize what is within your control.
2. Behave productively - productive behavior does not look like complaining or throwing a pity party but facing fear and taking action.
3. Control upsetting thoughts - Let your mind be your asset, not your enemy. Do not let negative thoughts prevent you from accomplishing daily, weekly or lifetime goals. So create a mantra to repeat to yourself when upsetting thought becomes too much.
4. Build mental strength before strong is the only choice you have - You can do this! We are in the thick of hard times and you are strong, so start where you are at and keep building your mental strength.

Keep moving forward, keep being positive, you can do this. Have a wonderful week.

Have a Wonderful Day,

Sam Grabert

Link to the article:

<https://www.inc.com/amy-morin/how-to-stay-mentally-strong-during-lifes-toughest-challenges.html>

To Rockwell Families and Caregivers,

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