

Feeling stuck is one of the most common widow experiences. In speaking with fellow widows as well as coaching widows, it is a topic that is quite often “on top of the list”. Most can relate to feeling stuck in the mud, and not knowing how to get out of the mud, or perhaps even having the energy to move forward.

Know that if you are at some point feeling this way, it is common and normal. With that said, there are strategies and a process for moving forward and becoming “unstuck”. When you are ready, here are some tips and advice to get started.

1. If you feel tired or have a lack of energy, first and foremost, take some personal time for self care. It is very difficult to move out of the “stuck” place when you do not have the energy. Schedule some alone time to be with all of your feelings, to breathe them in and accept them. Ask for some help from friends, family and neighbors. Know you don’t have to do it all by yourself. Get some rest, eat healthy, go for a walk and do something that makes you smile and even laugh.
2. Explore what you really want now and what is important to you. Often, widows will say, I don’t know what I want or what is important to me now. Confusion is prevalent. Many find journaling, speaking with friends, a support group and a coach beneficial to examining feelings and beliefs (including both positive and limiting beliefs.) Assess what might work best for you. Take action to begin this exploration. There is an old saying “if you don’t know where you are going, any road will take you there”.
3. Make a list of what you love to do, how you most like to feel, what might you have given up or never attempted that interests you now. Start to brainstorm about all the possibilities.
4. Take a look at and take stock in your “whole life”. (Family & Friends, Finances/Money, Career, Fun & Recreation, Health, Personal Growth, Physical Environment and Significant Other)
5. Make a list of “tolerations”. What are some things that are “getting in the way”, zapping your energy, or just plain bothering you. It could be something as small as cluttered closets or a garage. It could larger tolerations such as where you are living or the job you have or don’t have. After you make a list of your tolerations, begin to address them. The act of taking care of even the smallest of tolerations will help in the process of “becoming unstuck”. They are small yet powerful steps and these create energy and movement.

Colleen’s “Coach Corner” Question:

Here is a question for you to ponder and it may help with some perspective shifting. “If you were at your best, what would you do right now”?