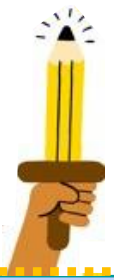


# Mindful Memo

Week 23 – January 31st-February 4th, 2022 – RCMA Wimauma Community



## Surviving vs. Thriving

The other day, I asked one of our fellow RCMA colleagues “Are you surviving?” as their job is incredibly tedious and busy this time of year. Their response was profound - “I’m not just surviving, I’m thriving!” Now I know they were talking about managing their workload, but that phrase stuck with me. What a wonderful statement about a challenge for which she had every right to respond negatively. There are times when survival-mode is just part of life, but so often it becomes our default. This week’s challenge is to ask ourselves: “In what areas of my life am I just surviving? What is preventing me from THRIVING instead?”

### Signs of survival-mode

- Everything is reactive. No thinking ahead or proactivity
- The phrase “one day” is often used
- Procrastination is the norm
- You find yourself forgetting things: names, dates, appointments
- You’re on edge and your patience is low
- Your routines are unhealthy and/or monotonous



### Things to remember if you feel stuck:

- Small changes work. You don’t need to wait until you have it ALL figured out.
- You will only have the version of yourself as you are in the present. Enjoy it.
- The world will continue to spin if you say no and reprioritize.
- Make sure your expectations are coming from your own heart/mind and not from what others expect.
- Remember your health will be the first sign that something is out of alignment. Pay attention to your body.

Thriving "I got this."	Surviving "Something isn't right."	Struggling "I can't keep this up."	In Crisis "I can't survive this."
Calm and steady with minor mood fluctuations	Nervousness, sadness, increased mood fluctuations	Persistent fear, panic, anxiety, anger, pervasive sadness, hopelessness	Disabling distress and loss of function
Able to take things in stride	Inconsistent performance	Exhaustion	Panic attacks
Consistent performance	More easily overwhelmed or irritated	Poor performance and difficulty making decisions or concentrating	Nightmares or flashbacks
Able to take feedback and to adjust to changes of plans	Increased need for control and difficulty adjusting to changes	Avoiding interaction with coworkers, family, and friends	Unable to fall or stay asleep
Able to focus	Trouble sleeping or eating	Fatigue, aches and pains	Intrusive thoughts
Able to communicate effectively	Activities and relationships you used to enjoy seem less interesting or even stressful	Restless, disturbed sleep	Thoughts of self-harm or suicide
Normal sleep patterns and appetite	Muscle tension, low energy, headaches	Self-medicating with substances, food, or other numbing activities	Easily enraged or aggressive
			Careless mistakes; an inability to focus
			Feeling numb, lost, or out of control
			Withdrawal from relationships
			Dependence on substances, food, or other numbing activities to cope

