



March Newsletter Exploring Core Values No.1

Positive Attitude

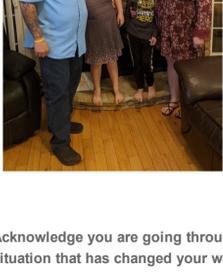
“We bring positive attitudes and spirits to create room for resiliency, renewal, and joy.”



Wild daffodils are popping up along the roadside everywhere. Spring always seems to make it a little easier to have a positive attitude after these winter Covid doldrums. So, I thought what a perfect place to start exploring each of The Still Place core values starting with, Positive Attitude. Our first value states: “We bring positive attitudes and spirits to create room for resiliency, renewal, and joy.”

As we emerge from hopefully the worst of Covid, I think we are realizing as a country, and probably a world, just how stressed we have been. A year of fight or flight is tough on a body, a spirit, a person, a family and a nation. Despite hope on the horizon as more are immunized and cases are plummeting, it seems that many are not bouncing back and instead of having a positive attitude full of resilience, renewal and joy, they are stuck in disappointment, fear and exhaustion.

My sister recently shared a podcast (which I have attached below) produced by the Fetzer Institute in which Krista Tippett interviews Clinical Psychologist, Christine Runyan, about the effects we may be experiencing from the near constant state of fight or flight arousal over the last year, not just from the pandemic but several other significantly disturbing events. The interview speaks to many people reporting recurrent waves of depression, anger, fatigue, mental dullness, lack of motivation and even a sort of dissociated state.

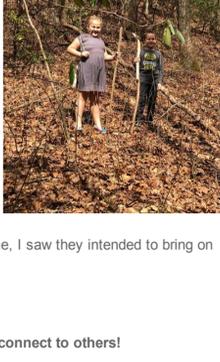


We recently hosted a family that has inspired us toward more positivity. Each member of this family exuded a positive attitude from the moment they popped out of their car with their playful spirits, exuberant laughter and brilliant smiles, all, despite the very hard journey they are on. They inspired me to ask, “How can we bring our positive attitudes into play to create more room within our lives for true resiliency, renewal and restoration of joy?” I think they are good medicine for our world and wanted to share some pointers I picked up from this family.

Acknowledge you are going through a serious situation that has changed your way of life forever.

Nothing will change that. But how you handle every moment is your choice.

As we walked in the forest, I watched Adyn trying to run to the top of the ridge and then I heard his little body breathing hard saying, “Naw, can’t make it today little buddy.” We gently turned downhill. As we walked, his momma, Erica, said a few words that told me just how tough things are. Adyn was just found to be in his 5th relapse a few weeks ago. It would all descend back on them on Monday when they would return to another spinal tap and news about whether the chemo was working. In the meantime, I saw they intended to bring on the joy and live in this moment at The Still Place.



Reach out and connect to others!

In the Ingles parking lot, someone left a card in their window. A work acquaintance from many years ago had recognized them but unable to catch up, left a card on their window. With joy, they met up for dinner. Never be too busy to connect with an old friend or make a new one!



Be inspiring!

All I can say is those smiles. How I miss everyone’s smiles. Smiles inspire us to be more positive. Pull your face mask down every once in a while and flash that smile.

Seek out joy when you start to feel disappointed!

You may have to find new things that bring you joy. Or you may have forgotten what brings you joy. Abby taught me if in doubt...Play...go find a swing or come over and make some muffins in the mud kitchen!

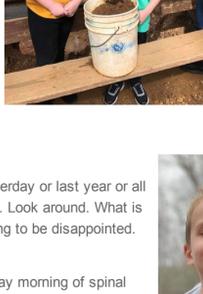
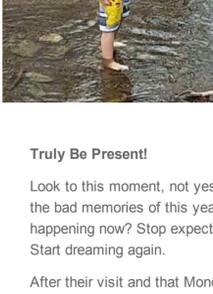


Give yourself a break!

As I watched Adyn throwing rocks in the creek, I saw him tucker out occasionally. He would run over to us at the campfire, curl up in his Daddy’s lap for a little rest, share a crazy cool story with me, and then run off to play! Give yourself a break from trying so hard to make sense of everything. Tell a story or remember something amazing you have accomplished. Then get up and go work or play some more.

Renew yourself!

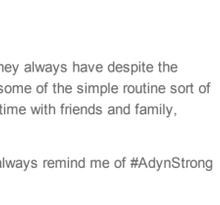
Cold creek water on a frigid March day will work really fast or if you dont have a creek handy, Just Breathe...Deep in and slower out...they say it’s breathing out that releases those good neurochemicals, especially when you get to take your face mask off. Sometimes I notice with kids it only takes a little nap, a little quiet time, not too much reflection but may be a little. Where do you find renewal? Nature, water, an intense work out, a deep conversation with a friend, a good read? Don’t escape...be renewed...Avoid the things that seem like they may have become little pandemic addictions. Confession, for me I have to limit my Netflix which never really makes me feel renewed just distracted. I don’t recall ever having to pull Adyn or Abby away from a tablet or phone.



Truly Be Present!

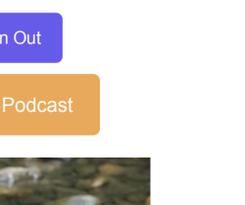
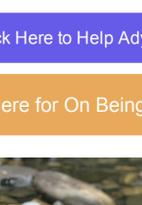
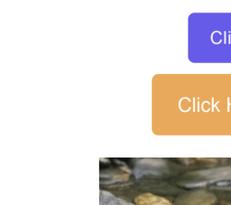
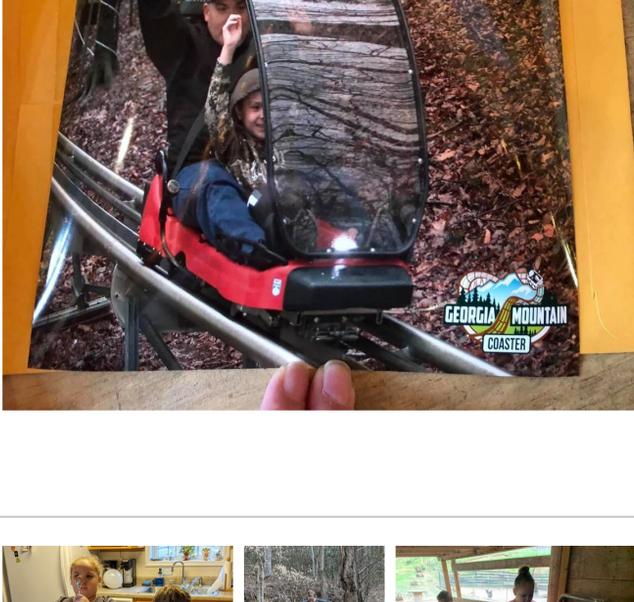
Look to this moment, not yesterday or last year or all the bad memories of this year. Look around. What is happening now? Stop expecting to be disappointed. Start dreaming again.

After their visit and that Monday morning of spinal taps, infusions and procedures, Adyn’s family got some encouraging news; do you want to know what Adyn was looking forward to most? Going back to school.



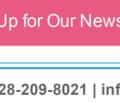
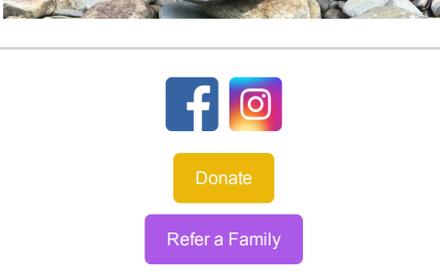
It reminds me that just as the daffodils re-emerge as they always have despite the harshness of this winter, we too need to re-emerge to some of the simple routine sort of things we have always relied on like school, spending time with friends and family, returning to some of our familiar routines.

From now on, our core value of Positive Attitude will always remind me of #AdynStrong making room for resiliency, renewal and joy!



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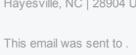
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