4 Steps to Moving Beyond Sick N' Tired

One of the key steps in moving beyond sick n' tired is evaluating facts. Evaluate what's in your control and what's not.

May 20, 2021 By Connie M. Welch

A large amount of the way we feel physically, mentally and emotionally, can stem from choices we make daily. The percent that's not in our control, we need to find effective ways to deal with it.

Step 1: Evaluate the Facts

- Is what you're feeling physical, mental or emotional? Or all? What's the root problem?
- How long have you felt like this? Is it a temporary condition or long term?

Step 2: Make a list of what's in your control and what's not—be gut honest.

- What are you doing on your part to help the situation?
- Are there others you can ask to help? Medical professionals or other professional service people, (ex. physical therapy, etc.), friends, family, support groups, patient assistance programs.

Step 3: Take Action

- List your goal and plan to get there.
- Make a list of your options.
- Break down each step into a daily or weekly action list.
- Take the necessary steps, one step at a time to accomplish your goal.

Step 4: Persevere

- Keep going and don't give up until you achieve your goal.
- Remember, there is a solution, keep moving forward, do what you can on your part. Involve

others who can help and support your efforts.

- Keep a positive attitude. Pray, give your worries, concerns, fears, and anxiety to God and continue to ask for His help and guidance.
- Look for the good that’s going on in the midst of this. Making a Thankfulness/Gratitude journal, listing 10 different things your thankful for each day helps keep your mind on what’s good and positive, instead of dwelling on the negative. I know this sounds hard to do, but keeping your mind focused on the good things instead of the negative helps relieve feeling down, and anxiety. Talking with a trusted friend who understands and can pray for you also helps.

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