

Dealing with Adversity

Transcript

00:00:05 Announcer

Are you tired of chasing perfection and always feeling like you fall short?

00:00:09 Announcer

There is a better way.

00:00:11 Announcer

Welcome to the pop coach life.

00:00:13 Announcer

With your host, Sharon Smaga.

00:00:15 Announcer

Where we are.

00:00:16 Announcer

Pursuing the art of purpose over perfection.

00:00:19 Announcer

She's going to turn what you think you know on its head and help you discover a life filled with meaning.

00:00:25 Announcer

And joy, so buckle.

00:00:27 Announcer

Up buttercup, because here comes Sharon.

00:00:43 Sharon

Hey, welcome everybody.

00:00:45 Sharon

This is Sharon Smoka and welcome back to pop coach life or we are pursuing the art of purpose over perfection.

00:00:53 Sharon

And thank you for joining me today.

00:00:55 Sharon

You can follow me at pop coach dot life.

00:00:58 Sharon

That's my website.

00:01:00 Sharon

Please check out my podcast and you can listen to me anywhere you.

00:01:04 Sharon

Listen to podcasts.

00:01:06 Sharon

YouTube, apple.

00:01:08 Sharon

There's several places you can pick me up.

00:01:10 Sharon

We are having issues with some of them with getting them to consistently post content.

00:01:16 Sharon

So if if you get in a jam, make it maybe look at YouTube or you can just go into my website at pop Coach dot life and you can listen directly.

00:01:26 Sharon

Through links in the website.

00:01:28 Sharon

And that might take a a little extra minute to download or access, I've heard, but the content is accessible and thank you for any and all of your support.

00:01:37 Sharon

You can follow me on Instagram, Twitter, Facebook, hit the bell on any you know on YouTube, hit a bell, leave a comment, ask a question.

00:01:47 Sharon

I really like to try to engage with.

00:01:48 Sharon

People on Instagram and Facebook as well I I keep up with those pretty well, but you could I have additional content there where we also promote the podcast, but there's just regular content that gets posted up every single.

00:02:03 Sharon

All day, just to give you guys some support in in this journey.

00:02:07 Sharon

Again we are pursuing the purpose over perfection and that's a lot more challenging than it sounds as I'm even learning trying to wrap my head around the topic to bring this to y'all.

00:02:18 Sharon

So thanks for being here today.

00:02:20 Sharon

I wanted to talk about this idea of adversity and it's come up in a lot of my coaching session.

00:02:28 Sharon

And our discussions and I'm going to work off some notes here.

00:02:31 Sharon

So where you hear me pause or if you're watching the video, you see me look away from the camera.

00:02:36 Sharon

I want to work off some notes that I've got to address this today and talk to you about it.

00:02:41 Sharon

Adversity is defined as a state or instance, so it's it can be chronic.

00:02:47 Sharon

Or it can be an instance of serious or continued difficulty or misfortune.

00:02:53 Sharon

And I think that's really important to understand, because I think that sometimes.

00:02:58 Sharon

Real adversity gets watered down, sort of by the culture of of of adversity that has grown around younger generations, where their idea of adversity is maybe being inconvenienced.

00:03:12 Sharon

And and I want to talk about this as a real issue in life, not a a series of.

00:03:19 Sharon

Not getting our way or a series of minor inconveniences, I want us to understand that.

00:03:26 Sharon

It's not adversity is challenging and it can be a lot. It can be overwhelming in a moment. For example, in 2015 I woke up next to my husband and a sound woke me up and he had just died of a severe heart attack. That is absolutely, I would say, falls under the definition of an instance.

00:03:47 Sharon

Of serious misfortune, things were not going my way and and and.

00:03:53 Sharon

The reality is that that I think we don't like to deal with is life as a series of.

00:04:01 Sharon

Unfortunate occurrences, right?

00:04:04 Sharon

It's or sometimes continued difficult in an area back many, many years ago it was.

00:04:11 Sharon

It was constantly managing having greater needs than I had the money to cover and not in a way that I was living irresponsible irresponsibly.

00:04:20 Sharon

But I didn't have the education.

00:04:22 Sharon

I have now I didn't have the opportunities I have now.

00:04:25 Sharon

I could not make the same kind of income.

00:04:28 Sharon

When I was a college student, I was in the category of broke folk and, you know, undoubtedly.

00:04:36 Sharon

And so that's maybe an ongoing or a continued.

00:04:41 Sharon

And so the question isn't whether we'll have adversity, it's that we do that life is about adversity and it's not enjoyable going through those situations or circumstances.

00:04:54 Sharon

But there is also great benefit that I think the other side of that, that we often don't talk about and I think we have to for.

00:05:02 Sharon

Good mental health.

00:05:03 Sharon

So I believe that adversity in my life right can benefit me personally, but also can benefit all other people.

00:05:13 Sharon

For example, this me having this podcast and being willing to go after this is a result of adversity in my life.

00:05:22 Sharon

It has shaped me in.

00:05:23 Sharon

Ways that I have some things I feel like I can share with other people to help them have a better quality of life for themselves.

00:05:32 Sharon

And so, as I learned to deal with the diversity and as I am helped through adversity, because part of dealing well with adversity knows that means we know how to leverage our resources.

00:05:44 Sharon

And I think we struggle with that in American culture.

00:05:47 Sharon

I think we kind of feel like we've got to sort of handle it on our own to prove something.

00:05:52 Sharon

And I absolutely disagree with that.

00:05:54 Sharon

I think that.

00:05:56 Sharon

We get help in adversity.

00:05:58 Sharon

There are people who come alongside us for sometimes a long period of time, sometimes in just an incidents.

00:06:04 Sharon

Just like adversity can incidents instance excuse me, just like adversity can exist for a while or be one event.

00:06:12 Sharon

So can the helping people in our life and it's OK to reach out for help.

00:06:17 Sharon

It's OK to accept help when we truly need help bearing a burden in our lives, and we're going through something that's one of the things I learned when my husband died was just how my community would be willing to step in and just meet some needs needs.

00:06:32 Sharon

I would not have even thought of at the time.

00:06:36 Sharon

And at the time when he passed away, I was very tight and concerned financially.

00:06:41 Sharon

I still had one son at home to to finish rearing and get through another seven years of school and deal with his grief and my grief.

00:06:52 Sharon

So there was a lot, a lot of layers right in one loss.

00:06:55 Sharon

There's so many layers.

00:06:57 Sharon

So there are people that can help us through.

00:06:59 Sharon

So as we learn to navigate adversity as we learn to let other people help us, we become the helpers who then down the road can help other people navigate adversity and difficult times.

00:07:12 Sharon

And so actually.

00:07:19 Sharon

I'm going to say this.

00:07:20 Sharon

I think adversity handled well helps us become more confident.

00:07:25 Sharon

It helps us better understand who we are.

00:07:27 Sharon

There are things I know about myself walking through different seasons of life in different times of adversity that have helped me learn what I'm capable of.

00:07:39 Sharon

What I really value.

00:07:41 Sharon

What I'm really good at, like I have learned, probably one of my superpowers, is adaptability.

00:07:48 Sharon

I didn't know that about myself in my 20s, and I sort of was beginning to understand that my 30s.

00:07:56 Sharon

But a lot of ways, it was my late 30s and mid 40s, which is when my husband passed away.

00:08:01 Sharon

I realized, you know I am.

00:08:03 Sharon

I am really good at being adaptive to what I've got to do.

00:08:07 Sharon

To make it.

00:08:08 Sharon

And that means a lot.

00:08:09 Sharon

That gives me a lot of confidence about the future and my ability to cope with whatever comes my way.

00:08:15 Sharon

That's also part of resiliency, which is not what today's conversation is about.

00:08:19 Sharon

But that's really important too.

00:08:22 Sharon

So we can actually grow in our confidence, our faith in humanity, our faith, and our ability to get through things.

00:08:29 Sharon

And I think that becomes really important.

00:08:33 Sharon

What I want to point out, and I'm think I'm speaking a lot to the younger generations right now in this, is please don't confuse adversity with inconvenience or minor annoyance.

00:08:46 Sharon

I'm talking to a lot of younger folks in my practice where this is becoming the issue and it's really sad because they have.

00:08:53 Sharon

A lot of anxiety about things that.

00:08:56 Sharon

Like, aren't actually adversity like I had somebody tell me recently.

00:09:02 Sharon

We're looking for a new place to live, a new rental.

00:09:05 Sharon

We've got a price range, blah, blah, blah, blah blah.

00:09:08 Sharon

2 weeks later, they tell me, hey, we found a place.

00:09:11 Sharon

That's exactly what.

00:09:11 Sharon

We need it's in the right price range.

00:09:14 Sharon

The lawn care is thrown in for free.

00:09:16 Sharon

But they're also telling me how stressed out they are about moving, and I get it.

00:09:21 Sharon

Moving can be a little stressful.

00:09:23 Sharon

It's packing up a lot of stuff.

00:09:24 Sharon

It's getting organized.

00:09:25 Sharon

It's inconvenient.

00:09:27 Sharon

But hear that?

00:09:27 Sharon

Word it's inconvenient.

00:09:29 Sharon

It's a minor annoyance.

00:09:31 Sharon

It's not adversity.

00:09:33 Sharon

And we wound up talking about this and this part, what this young person discovered was I'm stressing myself out when actually pretty much everything in my life is going well.

00:09:45 Sharon

I have no ads.

00:09:46 Sharon

Or city.

00:09:47 Sharon

I have no major serious concerns.

00:09:49 Sharon

I am literally making myself miserable and anxious and that's what motivated me to get on and talk about this.

00:09:56 Sharon

Today was having this kind of conversation over time, so be careful because if you condition your brain to believe that being inconvenience or have minor annoyances.

00:10:07 Sharon

Is real adversity your brain doesn't know the difference, so you're going to live in this chronic state of fight or flight anxiety, anger, depression.

00:10:16 Sharon

And and you may or may not actually be living in a diversity.

00:10:21 Sharon

So I really want to encourage you from a strengths perspective, from a resiliency perspective, from a quality of life perspective to really ask yourself, what am I telling myself?

00:10:32 Sharon

And am I really treating things that are just life?

00:10:36 Sharon

Day-to-day life inconveniences annoyances.

00:10:39 Sharon

Am I treating them as if they are something more than am I giving them?

00:10:42 Sharon

More credit than they deserve.

00:10:44 Sharon

The final thing I want to point out is if you are in adversity, real adversity right now.

00:10:50 Sharon

I cannot encourage you enough that you don't succumb and succumbing means to sort of give in to a negative force.

00:10:59 Sharon

It's to give up.

00:11:00 Sharon

It's to fail to resist pressure.

00:11:03 Sharon

That's a literal definition and.

00:11:05 Sharon

Coats don't fail to resist the pressure of the circumstance.

00:11:09 Sharon

When you're in continue to fight it, continue to ask for help, continue to walk through what you need to find a better life, a better solution to find the healing you need.

00:11:23 Sharon

I shared with you earlier about being widowed and I.

00:11:25 Sharon

I'm going to tell you that when my husband died, it felt like my whole life blew up and started coming down around me like little tiny pieces of confetti, and I've never felt so out of control in my life as I did in those initial moments, and it has been.

00:11:43 Sharon

So hard to walk that season, but the one thing I was determined to do was to fail to resist the pressure.

00:11:51 Sharon

The temptation to give in to that or to the negative force of that right, I wasn't going to yield surrender, capitulate.

00:11:59 Sharon

I wasn't going to cave in.

00:12:01 Sharon

I was going to fight.

00:12:03 Sharon

To walk through it, to deal with it, to embrace the grief, to accept that that was my life for a SEC.

00:12:09 Sharon

End and to come out the other end with some healing and victory.

00:12:14 Sharon

And I have done that and I am so glad I didn't cave in or give in.

00:12:18 Sharon

So if you were walking through real adversity right now, don't give in.

00:12:25 Sharon

Keep fighting the good fight.

00:12:26 Sharon

I don't care if you cry in the corner and then get up and go.

00:12:30 Sharon

Work some of you.

00:12:32 Sharon

It took everything in you to get out of bed today.

00:12:34 Sharon

Take a shower.

00:12:35 Sharon

Get dressed.

00:12:36 Sharon

And I'm proud of you for it, because I know what those days are like.

00:12:39 Sharon

You keep fighting and you find the people who will fight for you and with you and walk that journey with you.

00:12:47 Sharon

But don't you dare give in by feeling sorry for yourself and.

00:12:50 Sharon

Surrendering to a nasty circumstance, you keep fighting your way because you deserve.

00:12:56 Sharon

You deserve to come through that knowing yourself better with greater skills, more resiliency, more strength, and more joy.

00:13:04 Sharon

I wish you well.

00:13:05 Sharon

I love you guys again.

00:13:06 Sharon

This is Sharon Smuga with pop coach.

00:13:08 Sharon

Life and you can find me at pop coach dot life.

00:13:12 Sharon

That is my website address and thank you for listening and I will see you next time.

00:13:25 Announcer

You've been listening to.

00:13:26 Announcer

The pop Coach Live podcast to catch all her past shows. Go to www.popcoach.live.