

The End of the Crisis Now What 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 Smuga.

00:00:15 Announcer

Where we are pursuing.

00:00:16 Announcer

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.

00:00:26 Announcer

So buckle up, buttercup.

00:00:27 Announcer

Because here comes Sharon.

00:00:42 Sharon

Good morning.

00:00:42 Sharon

This is Sharon Smuga and this is pop coach life where we are pursuing the art of purpose over perfection.

00:00:51 Sharon

I hope y'all are having a good morning.

00:00:55 Sharon

To be perfectly frank, having.

00:00:57 Sharon

A little bit of a rough.

00:00:59 Sharon

And just sitting with some things, I am officially an empty nester with two pups left at the house.

00:01:07 Sharon

Just me and the two dogs.

00:01:08 Sharon

My youngest is off at college.

00:01:10 Sharon

The transition has been emotional and bumpy, with him needing a lot of daily support.

00:01:16 Sharon

Initially he's been traveling home on the weekends.

00:01:19 Sharon

Now he's expressing not very eloquently that he needs me to back off, and he's spending his first weekend.

00:01:27 Sharon

Up at college.

00:01:29 Sharon

He is not wanting to talk daily like he was.

00:01:35 Sharon

And I've sort of been.

00:01:36 Sharon

In that mode of whatever he needs.

00:01:38 Sharon

You know for this transition.

00:01:40 Sharon

To work.

00:01:40 Sharon

I'm here all land and now all this it's like.

00:01:46 Sharon

Mom, I don't need you as much, which I think.

00:01:52 Sharon

Probably if 18 year olds were better at saying it with some grace, it would be easier to take, but they're not, and so Full disclosure it completely spun me.

00:02:03 Sharon

I like to think I'm a fairly balanced mom.

00:02:06 Sharon

I've actually been looking forward to what I call the SNK.

00:02:09 Sharon

The single no kids stage of life and have been making plans for it for the past year or so.

00:02:16 Sharon

Like really sort of anticipating and thinking about what, what do I want to do next.

00:02:23 Sharon

In my life, what are some things you know, even trips?

00:02:26 Sharon

Maybe that it's just me or me and a friend, things like that.

00:02:31 Sharon

So I've really been kind of gearing up for prepping for this understanding that's healthier for me and I, you know, I don't want to hold on too tightly to him.

00:02:44 Sharon

So, you know, I've been trying to do this balance thing.

00:02:48 Sharon

I am really excited for him starting his young adult life with this means even for our relationship moving forward.

00:02:55 Sharon

I'm excited about some of the freedom excuse me that I have again.

00:03:01 Sharon

But this really like spun me out.

00:03:04 Sharon

I'm being ***** and I I'm sure some of you listening maybe relate to this so.

00:03:10 Sharon

I've been pondering why it spun me out and it hit me this morning as I was running errands.

00:03:15 Sharon

I have been in crisis mode for the past seven years since my husband passed.

00:03:20 Sharon

I think that's what really just kind of went.

00:03:22 Sharon

Boom. I've been taking care of all the things running my business, making sure my son's needs were met, putting some of my own on the back burner and just, you know, almost just sort of waiting, especially this past.

00:03:35 Sharon

Year or so.

00:03:37 Sharon

Knowing the change was coming but not really knowing how it would go.

00:03:42 Sharon

Well, now I don't have to do all these things and the waiting is over and I'm left with all this free time, headspace, energy.

00:03:51 Sharon

It feels like, you know, I was traveling at 100 miles an hour for miles and miles and then suddenly slamming the brakes on, and I let my passengers out.

00:04:01 Sharon

Right.

00:04:02 Sharon

Now I'm done.

00:04:03 Sharon

I'm alone in the car and I'm not sure.

00:04:05 Sharon

Where I'm going next and.

00:04:07 Sharon

I'm going to be honest enough to say.

00:04:09 Sharon

It's kind of gut wrenching.

00:04:12 Sharon

So I'm just sitting in the quiet space in my own mind and processing all of this.

00:04:16 Sharon

And letting all the feelings move through me, I have to keep reminding myself to take deep breaths, not rush.

00:04:23 Sharon

Slow down.

00:04:25 Sharon

Notice what's going on around me and.

00:04:26 Sharon

What I need?

00:04:28 Sharon

I am honestly faced with more answers or questions excuse me than answers about my life right now.

00:04:36 Sharon

And that's uncomfortable, if I'm honest, I'm feeling invisible, rejected, confused, and lonely.

00:04:44 Sharon

But I'm also feeling accomplished, relieved, excited and proud.

00:04:50 Sharon

And you know, a tiny bit of joy is.

00:04:52 Sharon

In there, waiting to.

00:04:53 Sharon

Be sparked?

00:04:54 Sharon

I'm probably holding my breath more than I realized, waiting for the next crisis, if you will.

00:05:00 Sharon

I've spent so much energy making sure others are OK, that now I have to figure out if I am.

00:05:06 Sharon

And I am deep down I.

00:05:07 Sharon

Know this.

00:05:08 Sharon

I just need to see this through.

00:05:09 Sharon

Gratefulness instead of.

00:05:12 Sharon

Trust instead of fear and grace.

00:05:15 Sharon

Instead of judgment.

00:05:17 Sharon

It's messy, it's uncomfortable.

00:05:23 Sharon

It's a little scary.

00:05:25 Sharon

I don't, I think.

00:05:27 Sharon

For the first.

00:05:28 Sharon

Time in a lot of ways in my life I just don't have a plan.

00:05:33 Sharon

And I'm sitting with the tension of not having a plan.

00:05:38 Sharon

Being in this space.

00:05:43 Sharon

I think so.

00:05:43 Sharon

My next step, if you will, I always tell people if you don't have a plan or if you feel overwhelmed by.

00:05:49 Sharon

The plan just.

00:05:50 Sharon

Step back.

00:05:52 Sharon

And do your one next thing.

00:05:54 Sharon

So I'm sitting with that this morning.

00:06:00 Sharon

Thinking about what's my 1:00 next thing, and it's so counterintuitive for me, I'm such a strategist and a doer, you know, big on accomplishing tasks.

00:06:12 Sharon

Keep it moving, getting things done, you know, trying to set myself up for the future.

00:06:19 Sharon

But really, right now I think my 1:00 next thing.

00:06:23 Sharon

Is to just breathe.

00:06:26 Sharon

It's to sit still.

00:06:28 Sharon

It's to take all this in.

00:06:29 Sharon

It's to not judge myself for my feelings or my struggles.

00:06:35 Sharon

To not try to hold on too tightly.

00:06:38 Sharon

Uh to what my role used to be with my son and what it's going to change into.

00:06:44 Sharon

Is to sort of sit and be present and breathe and aware.

00:06:50 Sharon

And I think I've just gotta let myself.

00:06:57 Sharon

I think that's the if I could sum it all up with one word, it would be it's just time to relax Mama.

00:07:04 Sharon

And wow, that is harder than I thought.

00:07:09 Sharon

It's crazy to just sit in that space and say.

00:07:13 Sharon

There's nobody you got to run home and cook for the, you know, there's no phone call.

00:07:17 Sharon

You've got to make where he's going to be hurting and homesick or.

00:07:23 Sharon

There's just nobody else to take care.

00:07:25 Sharon

Of them, unless you.

00:07:25 Sharon

Count 2 puppies, but that's pretty minimal.

00:07:28 Sharon

And it's just me and I have.

00:07:33 Sharon

In some ways, been so excited about hitting this stage of life where I can kind of pull that energy in to me again.

00:07:40 Sharon

But I gotta tell you.

00:07:42 Sharon

It's really uncomfortable.

00:07:46 Sharon

I don't know if that's a mom thing, just a parent thing across the board.

00:07:52 Sharon

So that's my.

00:07:54 Sharon

That's my big plan, guys and maybe my encouragement to you if you're can connect with this at all and you've kind of been running, running, running and in crisis mode and you know.

00:08:09 Sharon

The hard stuff's done and you've.

00:08:11 Sharon

Got a breather.

00:08:13 Sharon

I can't encourage you enough, as uncomfortable as it might be, and as hard as.

00:08:16 Sharon

It might be to.

00:08:19 Sharon

Just do that.

00:08:22 Sharon

Let your mind rest.

00:08:26 Sharon

Find ways to restore yourself physically, emotionally and mentally.

00:08:31 Sharon

And maybe just kind of roll through without judging yourself and see where you land.

00:08:36 Sharon

Ah, it's going to be interesting to see.

00:08:39 Sharon

Where this lands for me, I'll try to keep you all posted.

00:08:43 Sharon

I love you guys.

00:08:45 Sharon

Keep pursuing your purpose over perfection.

00:08:47 Sharon

So all those things in your heads, you hold on to that.

00:08:51 Sharon

If I just do this and I.

00:08:52 Sharon

Just do that enough.

00:08:54 Sharon

And I get to this invisible standard of perfection.

00:08:58 Sharon

I'll feel OK.

00:08:59 Sharon

I'll be enough.

00:09:01 Sharon

Get dumped that get it out of the way and.

00:09:05 Sharon

Get comfortable.

00:09:07 Sharon

Figuring out what your purpose is and don't let perfection Rob you of that.

00:09:11 Sharon

Take care and I will talk to you next time.

00:09:14 Sharon

Bye bye.

00:09:18 Announcer

You've been listening to the pop Coach Life podcast. To catch all her past shows. Go to www.popcoach.life.