

WEEK ONE



Where Am I?

When we face tough circumstances in life, sometimes we feel broadsided, like there's no possible way we could have predicted we'd end up in this place. Sometimes we're left spinning, stunned into inaction by what has happened. Taking stock of our current situation can help us evaluate what we're facing and enable us to move forward. We aren't looking back to place blame or make excuses but rather to assess and learn how to navigate to a better future. **List a few of the challenges you're currently facing or have faced in the past that still impact you today.**

As you think through your circumstances, often what causes the most pain is thinking of what you have lost because of these circumstances. Grief doesn't just impact people who have lost a loved one. You can experience grief because of lost dreams, lost relationships, even a loss of expectations for a way of life that is now changed. **Take a few minutes to assess what you've lost below. It might be helpful to either list or describe in more detail the things you've lost and the emotions that come with that loss.**

LOSSES:

EMOTIONS:

Now that you've taken stock of your situation and your emotions, what are some healthy ways you have tried to cope? Are there strategies you have tried that are unhealthy? As you begin to look back, what are some things you'd change if you could? Are there coping mechanisms that have been helpful that you can explore further?

Knowing where you are right now, both your circumstances and your emotions, can help you be ready for the next step. If there are healthy steps you've taken that either benefit your situation directly or simply help you cope day to day with a more positive mindset, challenge yourself to continue taking those healthy steps this week. Talk it over with your mentor to come up with suggestions about other ways you could cope in a positive, productive way.

You're Not Alone

Find resources at [NPMCare.org/Focus](https://www.npmcare.org/focus)

