



# Wellness

## TIPS FOR EMBRACING BALANCE & WELL-BEING

### Some Things Just Hurt

This is an unusual, and unusually difficult, holiday season. It can be difficult to hear messages of gratitude, love, or joy when we're not able to experience these things like we normally do because of the pandemic.

There are some who feel that if we only focused our minds on positive thoughts, everything would feel fine and there would be no pain at all. That's simply not true. It's inevitable that by simply living a life, there will be times of adversity – like now. It's not because of our attitude that times like these are uncomfortable or heartbreaking. Some feel comforted knowing that they are not alone when some things just plain hurt.

When we look within, there can be a strong connection creating a safe place for this acknowledgement... no one to make sense of our pain or rationalize it, or reassuring that things would get better soon or reminding to only look on the bright side—all things we are conditioned to say and believe in the face of suffering. Self compassion gives us permission and freedom to feel.

Of course, we don't want to stay in our suffering, or let it define us as human beings. We are MORE than that! Therein lies our work. So how do we do it?

- Recognize painful emotions and acknowledging those sensations is a huge first step! Use words, images, music, movement-whatever way you pay attention. Listen.
- Remember that pain is universal. That means that no matter what, we are not alone.
- Reach out to someone, or allow someone to reach out to you. Take one small step to allow whatever helping hands are coming toward you to reach you, or to extend a helping hand to someone else in some way.
- This is not the year to get everything you want. This is the year to appreciate everything you have. Find a way toward gratitude.

Rainer Maria Rilke wrote, *"So you must not be frightened . . . if a sadness rises up before you larger than any you have ever seen; if a restiveness, like light and cloud-shadows, passes over your hands and over all you do. You must think that something is happening with you, that life has not forgotten you, that it holds you in its hand; it will not let you fall."* Reframe your thoughts to reflect what Tiny Tim in the Christmas Carol or Cindy Lou in The Grinch Who Stole Christmas reminds us so fondly.

I've come to see that even in the worst circumstances, life has not forgotten me. It has not forgotten us. No matter how despairing or cut off we can feel at any given time, we are not actually severed from the essential flow of life or from one another. We are still connected!

Source: tenpercent.com



Our growth model comprises eight attributes of wellness.

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

### Helpful Links

**FORSYTH COUNTY ENVIRONMENTAL COOP EXTENSION HOLIDAY INFO**

**OPEN FOR LEARNING- FORSYTH COUNTY SCHOOLS UPDATES**

**FREE GUIDED MINDFUL MOMENTS (AUDIO)**



# Forsyth Community Wellness News



Help Give the gift of stability independence by volunteering for our local family shelter,

[Family Promise.](#)

Volunteer Orientation is Dec. 8th @ 6:30pm, Family Focused Volunteer Orientation is Dec. 29th 2pm & 6:30 pm. FP loves for families to serve together and encourages volunteers of all ages. Call for more information 678-476-4657 [fpforsyth.org](http://fpforsyth.org)

**Coming soon in January: Forsyth Co. Local Data Review by Georgia Family Connection partnership**  
[Click Here](#) for Forsyth Family well being statistics [gafcp.org](http://gafcp.org)



Online Tutoring, homework and mentoring support



Click here for a list of food items needed at The Place!



#StepUpFCS  
BACK UP



#StepUpFCS  
WASH UP



#StepUpFCS  
CLEAN UP



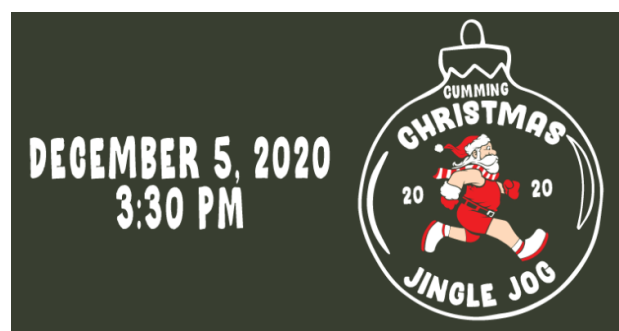
#StepUpFCS  
MASK UP



#StepUpFCS  
COVER UP



Click [here](#) to GIVE or [here](#) to APPLY for Holiday House. This event helps over 2,000 Forsyth County Children each year!



Be a Home Delivery Hero. Volunteer with less contact, check out [Mealsbygrace.org](http://Mealsbygrace.org) to assemble or drive meals to Forsyth families in need.



Live tutoring in 40+ subject areas, college admission test preparation, ESL/ELL, GED, citizenship, and career advice and preparation. Just need a library card!

