

The “C’s” of Coping in a Complicated World

Compassion: Be kind to yourself as well as to others. Do the best you can and try not to judge yourself and others too harshly. Life is challenging --- ups and downs are to be expected. We are, you know, only human!

Centeredness: Take time to lovingly and compassionately attend to your own needs. Slow down, pause, notice your breathing, notice what you see, hear, taste, feel in your body. Notice the kinds of thoughts you are thinking and the stories you are spinning. Practice interrupting and changing unhealthy thought patterns (negative, judging, blaming, etc.) This needs to be a priority because if you are emotionally and physically depleted you will not enjoy and find satisfaction in your own life, and you will not be able to be fully present for others;

Creativity: Be flexible and adaptable in the big and not-so-big tasks of day to day living. Find ways to play, have fun, and loosen up. Dance, draw, paint, write, create a garden...Laugh!

Cooperation: Work with others to problem-solve, to establish realistic and reasonable goals, and to get tasks done. We need each other—especially as we work to save our planet;

Connection: Spend time with your family and friends in low-stress, meaningful and enjoyable ways. Practice the art of [Hygge](#) ('hoo-ga, 'hue-ga) --defined in the Oxford dictionary as *“a quality of cosiness and comfortable conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture)”*. Find ways to connect with the earth. Give hugs—even to trees!

Communication: Talk kindly, honestly and directly to others and listen to their thoughts and feelings in an attentive and supportive way. Don't assume others know what you need or want or that you know what they need or want --- Talk to each other!

Conscious choices: Choose activities (including places to go and people with whom to spend time with) that are healthy and not stressful for you. Take time to breathe consciously.

Confidence and courage: Believe in your abilities. Believe in the possibility of change for the good—yours, others, and the planet. Don't let fear stand in the way of being your full self. You are a gift—what you have to offer is unique to you. No action too big or too small. Rest when you need, ask others for support, and continue on. Practice staying present-focused, taking one day at a time, one step at a time, one breath at a time.



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