

# Health and Wellness

Provided by Bethany Care Ministry Outreach Program

## Don't Sweat the Small Stuff & Don't Stuff the Big Stuff

**S**ometimes it may just seem easiest to keep going, bury it deeper, stuff it way down and say all is fine. Unfortunately that doesn't work, at least not forever and not at all if you want to live life to the fullest. Most of us have some issues we are not dealing with. Scott Peck said in *The Road Less Traveled*, "Take on the problems of your life and do it with courage. Problems do not just go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit." When we were teens, we thought being grown up meant our physical bodies were mature. Now as older adults we know that was not true. It is a lifelong process. Just when we think we finally have life figured out, a new crisis or challenge lays heavily on our hearts. Unsolved hurts of the past compound the present pain and make each new hurt harder to deal with. I can hear you now, "Oh no, more of that *wounded child* psycho-babble!" Yes and no. It involves enormous inner work to get free from things that still continue to bind us to the past. It is never simple and it is never easy.

### So how do we start this healing process?

**Pray first.** Invite Jesus into the process as a partner. Jesus says, "Come unto me, all of you who are broken and burdened and I will give you rest."

**Find a friend,** pastor, family member, or therapist that will *not tell* you only what you want to hear. Talk it out with them.

**Look inside** and ask yourself if there is someone who you may need to forgive. *Not* forgiving doubles and triples your own pain.

**Discipline yourself** to grow as you need to. Make the changes that need to be made.

**Take full control** of your life. Stop blaming others for your failures. Gain your own respect by acting in a way that you respect.

**Practice staying in the present.** That is all we really have. The past is gone and living there may keep us depressed. The future is not certain and living for it may make us anxious. Our best chance for finding peace is staying in the present.

**Resist revenge.** Leave revenge to the Lord. Ghandi wisely observed, "an eye for an eye and soon the whole world would be blind."

**Join a support group.** Help your own healing process by reaching out to and learning from others. Wounded soul helping wounded soul.

*Do you need some help?* If you are over fifty, disabled, or a caretaker and would like some gentle conversation about this or any other mental health issue, call 715-258-3289, for a *free* appointment. Bethany and Trinity are working together for your good mental health.

JoAnne Adkins, Counselor  
Bethany Community Care Service

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