

Stand Tall in the Storm:

Three Strategies for Coping with Crisis

A crisis is a wake-up call. Listen, and your life can be even better than before.

By Randy Siegel

Looking into her face as she shared her story I faced my greatest fear. My friend had lost everything: her marriage, home, and almost all her savings. “I’m starting over,” she said matter-of-factly, “and that’s not so bad.” *Not so bad!* I thought. *It’s the worst thing that could happen.*

Originally, she came to me for advice, but I became the student. In sharing her life, my friend was teaching me how to face turmoil with grace. As she talked, three strategies for coping with crisis emerged.

One: Practice gratitude.

“There are days when all I can do is cry,” my friend admitted. “But most days, I focus on all I have to be grateful for, and that list is a lot larger than you may think.



“I’m grateful for my friends and family. I’m grateful for my work, my health, and for this beautiful day. I’m also thankful for this difficult time, even though that may sound crazy. In it is a life lesson if I’m open to learning.”

She’s right. We grow the most

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during hard times, not when everything’s going our way.

It’s been said in many ways, by many different people, that in order to change your life, you must change your thoughts. Practice gratitude always, but practice it especially during times of crisis.

Two: Flow, don’t fight.

When you go white-water rafting, the guides tell you that if you’re thrown from the raft, put your feet up, and flow with the river. In crisis, we’d be smart to follow the same advice.

Flowing with the river doesn’t excuse us from action. Action is imperative in order to move ahead with our lives. But a different type of action is called for; it’s inspired

action. Inspired action requires us to set intention and act upon inspiration. Follow the energy; act on those intentions that carry a lot of “juice.”

Three: Align your life with your values.

Crisis brings clarity because it beckons us to reexamine our values. Our current economic crisis is causing many Americans to rethink their values. We’re being invited as a society to be less materialistic and more spiritual, and many are heeding the call.

Catalog your top seven values

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or guideposts for living. Then look at your life to see if you are living them. Review your core values before every major decision, instead of unconsciously selecting which path to take. As long as you hold on to what’s truly important, you will stand tall through any storm.

For a description of Randy’s training and coaching services, visit www.BuildYourInfluence.com (for individuals) and www.BuildYourLeaders.com (for organizations). This article is adapted from a special report he wrote recently.