

## How to Re-center and Re-orient when Disrupted

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My treadmill caught on fire a few years ago. Yes. Really. The motor overheated. Then a horrid smell of burning plastic started rising with smoke. Next thing, flames were shooting out the sides and through the top plastic cover. Fortunately I was able to put it out and there was no further damage done to my home.

The loss and harm done was to the convenience and rhythm of my physical regimen. What is the new 'normal' for my walking exercise plan? What will I use as my 'standing/walking' desk? It has thrown me off.

That's how life is. We are always having to change and adapt. Then came the COVID Pandemic. Disorienting us. Throwing us off with all the disruption and uncertainty.

I am reminded of how important it is for us to continually re-orient, re-calculate and re-adjust. To still keep the main things in our life the main thing, is an ongoing challenge. Being intentional to practice the basics for our body, soul and spirit. Staying flexible and creative to make these happen and fit them in, when we are thrown off our usual and familiar ways. When we go through different phases of life. When our lifestyle and body changes.

We may just get into a groove developing habits, patterns and rhythms. Then it catches on fire. Or our schedule changes. Our hormones shift. The needs of others dominate. We take on more exciting things that makes it more difficult to make space for God, for our own self care and wellbeing.

When we aren't able to somehow reorient and intentionally integrate the basics of our wellbeing and soul care into our 'new normal', that's when we wake up one day and wonder – *'how did I get here?'* We slowly lost grip, lost our way, slipped down the slippery slope.

Lessons learned from my life rhythms being disrupted.

### 1. **Establish what matters most.**

What are the basics for your wellbeing – your 'main things' – that have to be continually woven into your lifestyle rhythms?

What is your body, soul, spirit longing for? What is 'urgent'?  
What do you medically need to attend to – or you will get sicker,

have a breakdown or lose your mind. Sleep? Healthy eating? Exercise?  
Conversations with God? Time with friends? Fun?

2. **Change your mindset.** You are not a failure or a loser because you can't do what you used to be able to do. Because you are now overweight, overwhelmed or over it all. Choose to keep growing and maturing. Its ok.

3. **Explore new options**

Explore new and better ways of how you can care for and grow in your body, soul, spirit and relationships  
Be a continual learner. Integrate into your life what is best.

4 **Just do something.**

Avoid being overwhelmed and then 'paralyzed' by doing nothing.  
If you aren't growing or moving forward you are languishing and atrophying  
Start with what seems most important.  
Just one thing

5. **Plan and re-evaluate.**

Weekly plan and re-evaluate the practical and realistic ways you can integrate these basics into your life.