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*Here's to a
great year!*



FORGED by life...

From Crisis to Renaissance

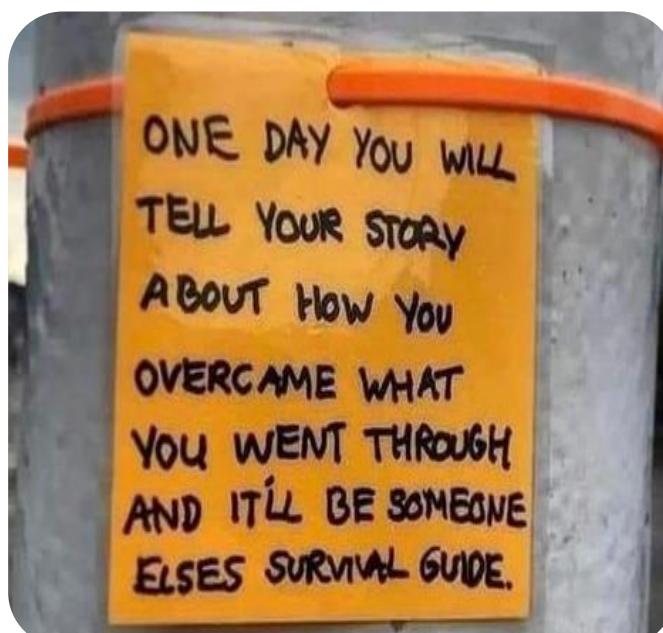
Are you struggling right now - with life, with work, with just being?

Know that after every major trauma, pandemic, tragedy, there is transformation.

Here are some of my favorite memes to help with motivation,
inspiration, and heart smiles (maybe a few groans too!)

Check out my web site (www.forged-life.com) for additional resources including podcasts, vlogs, blogs on topics such as: how to shift your mindset / heart, exit a job or relationship (if needed), start your own business, and our biological / physiological responses to stress and trauma.

Never ask a woman
who is eating ice
cream straight from
the carton how she's
doing



Dr. Jen | Neuropsychologist
@drjenwolkin

What doesn't kill you can:

- dysregulate your nervous system
- trap itself in your body
- steal your sense of self
- make you wish it did

I don't know what "makes you stronger" means but

let's stop glorifying trauma as a life-lesson we've been blessed with.

1980s Memory Lane
18h ·

It still works

I Just Called The Hall & Oates Emergency Hot Line - and It Still Works!



Photo: Danilo99

There is a hotline called "Callin' Oates" that only plays Hall and Oates songs for you when you call at 719-266-2837 (719-26-OATES)

The Universe only gives us what we're strong enough to handle.
Apparently, the Universe thinks I'm a *BadAss!*

THE STRESS RESPONSE IN KIDS

FIGHT

Yelling, Screaming,
Using Mean Words

Hitting, Kicking, Biting,
Throwing, Punching

Blaming, Deflecting
Responsibility, Defensive

Demanding,
Controlling

"Oppositional",
"Defiant", "Noncompliant"

Moving Towards What
Feels Threatening

Irritable, Angry,
Furious, Offended
Aggressive

FLIGHT

Wanting to Escape,
Running Away

Unfocused, Hard
to Pay Attention

Fidgeting, Restlessness,
Hyperactive

Preoccupied, Busy with
Everything But the Thing

Procrastinating, Avoidant,
Ignores the Situation

Moving Away From What
Feel Threatening

Anxious, Panicked
Scared, Worried,
Overwhelmed

FREEZE

Shutting Down,
Mind Goes Blank

Urge to Hide,
Isolates Self

Verbally Unresponsive,
Says, "I don't know" a lot

Difficulty with
Completing Tasks

Zoned Out,
Daydreaming

Unable to Move,
Feeling Stuck

Depressed, Numb,
Bored/Apathetic,
Helpless



A NEGATIVE PERSON SEES THE GLASS OF WATER HALF EMPTY. A POSITIVE PERSON SEES IT HALF FULL. A REALISTIC PERSON ADDS TWO SHOTS OF WHISKEY, TWO CUBES OF ICE, AND SAYS "CHEERS"

Do the best you can until you know better.
Then when you know better, do better.

- Maya Angelou

Things you must try on an elevator

- Stand silent and motionless in the corner facing the wall without getting off.
- Greet everyone with a warm handshake and ask them to call you **admiral**.
- **Meow** occasionally.
- Stare at another passenger for a while. Then announce in horror: "You're one of them!" and back away slowly.
- Say **DING** at each floor.
- Make explosion noises when someone presses a button.
- Draw a little **square** on the floor with chalk and then announce that this is your personal space.
- When there's only one other person in the elevator, tap him/her on the shoulder, then pretend it wasn't you.
- Drop a pen and wait until someone reaches to help pick it up, then scream: "That's mine!"
- Call out a group hug, then **enforce** it.

VIA 9GAG.COM

MUST. TRY.

Everything.

Don't offer a lecture to a person who needs a hug.

Things that can be equally true:

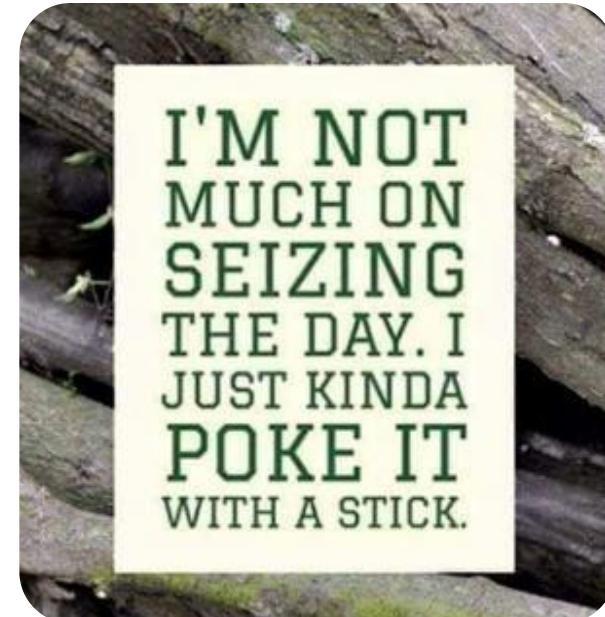
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You are resilient	and	need a break
You gave your all	and	need to back out
You are independent	and	still need others
You were sure	and	things changed
You are kind	and	have boundaries
Others have it worse	and	your pain is valid
You did your best	and	now you know more

@findyourshinetherapy

EVERYTHING
WILL BE
~~OK~~

A LITTLE WEIRD,
A BIT CHALLENGING,
DIFFERENT THAN WHAT
YOU HAD IMAGINED,
MANAGEABLE.



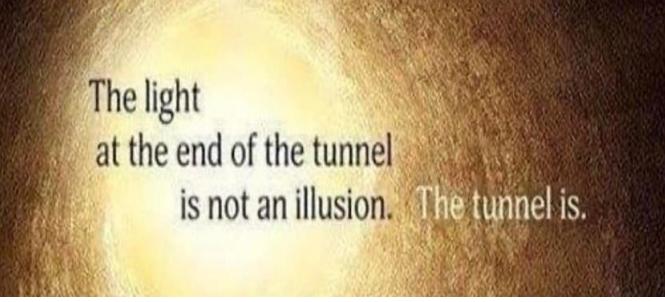
Burnout doesn't always mean you're
“doing too much”.

Multipotentialities can burn out
from having too little variety!

Ten Painful Truths

1. The average human life is relatively short.
2. You will only ever live the life you create for yourself.
3. Being busy does NOT mean being productive.
4. Some kind of failure always occurs before success.
5. Thinking and doing are two very different things.
6. You don't have to wait for an apology to forgive.
7. Some people are simply the wrong match for you.
8. It's not other people's job to love you; it's yours.
9. What you own is not who YOU are.
10. Everything changes, every second.

Congratulations if
you had monkeypox
on your 2022
disaster bingo card



The light
at the end of the tunnel
is not an illusion. The tunnel is.



Tay
@Valarietcole

someone once told me "if you stress too much about something before it happens, you basically put yourself through it twice." And I feel like someone needed to hear that too, be happy

**I'm just going
to put an
"out of order"
sticker on my
forehead and
call it a day.**

If standing up
for yourself burns a
bridge, I have matches.
We ride at dawn.

Word Porn

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BEST

SELF CARE IDEAS

Physical



- Exercise
- Dance
- Do yoga
- Go for a walk
- Get Quality sleep
- Eat something healthy
- Drink enough water
- Take a bath
- Get a massage
- Do breathing exercises

Mental



- Listen to your fav song
- Get a new experience
- Read a book or novel
- Declutter your living space
- Avoid toxic people/places
- Explore your creativity
- Meditate
- Watch a good movie
- Sing / play an instrument
- Do something on your to-do list

Emotional



- Journal
- Say positive things
- Learn to say no
- Celebrate your wins
- Practice gratitude
- Laugh
- Practice forgiveness
- Express how you feel
- Do something that makes you happy
- Let go of things you can't control

Social



- Give social media a break
- Catch up with friends
- Meet new people
- Try digital abstinence
- Be around like-minded people
- Avoid negative energies
- Organize a friendly dinner
- Say something nice to someone
- Join a support group
- Participate in an event

Spiritual



- Help someone
- Pray
- Observe quiet time
- Recite a mantra
- Read spiritual books
- Donate to a cause or charity
- Read something inspiring
- Spend time with nature
- Self-reflect
- Attend a spiritual service