

14-Day Mental Health Series

YOU ARE NOT ALONE

Finding meaning and purpose in loss and recovery

KEY TAKEAWAYS

Summary of day 13 session:
Meaning and Purpose



Mark's pajama day and interviews with Iani De Kock and Suzie Seha

Check in:

Where on the scale are you today? Remember to note where you are without judgement. Maybe today is 'a stay in your pajamas day' and that is also okay!



Iani's wisdom shared

- "For a long time, I have oscillated between light existential anxiety (where I am aware of the discomfort within me) and full blown existential crisis (where I question what the point of this life actually is).
- "I tried to fill the void with people, busy-ness, wine and such things. The emptiness that I felt, made me want to run away, which is part of the reason I left Namibia and went to Costa Rica."
- "I studied Dr. Viktor Frankl's Logotherapy and realized that even when we lose people in our lives through the death experience, we can find meaning and purpose in that loss too."
- "Even when there feels as if there is no meaning, there is always a silver lining to every cloud. Sometimes it takes a terrible relationship to figure out what a healthy one looks like, or a dead-end job to figure out what your dream job looks like."

Suzie shares her experience

- "When my daughter was a young toddler she drowned. Thankfully we managed to resuscitate her and today she is happy and healthy. This experience, however, changed my whole world."
- "The drowning was the catalyst that set my life in a completely new direction."
- "I went through all the five stages of grief in a short space of time when I discovered her and the period that followed, albeit difficult, was one in which I found meaning and purpose."
- "In the months that followed, I suffered severe anxiety when I was separated from her and had panic attacks when I was at the office. I didn't have the tools then to cope with the trauma of what we'd been through."
- "When my daughter related to me, her death experience and how she sees energy in people, I looked into the things she was telling me and I discovered a whole new world of healing through many different modalities. This changed my life and what I do for a living now too."
- "I also discovered breath work at that time and found it to be incredible in maintaining my inner calm. It wasn't lost on me that it was my breath that gave my daughter life again. This was a very significant realization."

Visual mindfulness practice

- Ground yourself and take a few deep breaths
- Have a look at the image above. The tree is like our body, how is your body feeling? Be aware of your senses. You can hear me and see, touch, taste and smell. Say to yourself, "I am enough and I am doing my best. It's a difficult time now and I can shine the light of the sun upon me and show gratitude to myself and the things I've done for others."
- Coming back to self-compassion, realize it's okay to put up a fence and some boundaries and do only what you can with the energy you have today.
- The curious cat is sitting in the tree, we can be curious about our thoughts as well as others' points of view.
- The little doggie reminds us to come back to the present moment.
- Emotions are like clouds that come and go. Let them pass through you- you are not your feelings.
- The sunflower reminds us of our values. Practice your values and this will bring you happiness
- If we are doing all of the above, we are able to fly like an eagle, develop wisdom and see clearly, from a bird's eye view. We will be able to find the meaning in what is happening in our lives.
- Take a deep breath in and exhale out of the mouth.

