

Filling Your Cup: When You Need Help With Pouring

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We, as humans who are goal-driven, are hard-wired to do everything perfectly, before everyone, and better than everyone. We expect to be the best doctors, best parents, best home chefs, best researchers, and so on. In our offices, we take the utmost care to address every request in our inboxes, even if we could delegate to our staff. Burnout can be the consequence of trying to do everything ourselves. It feels like drowning in a turbulent ocean with no life jacket.

I have learned in recent weeks the value of asking for help. I am very guilty of thinking I need to do everything myself. I want to avoid burdening someone else. Most of all, I want to avoid appearing weak or incompetent. However, I feel there is true strength in being vulnerable and seeking help during times we are challenged. From childhood, there is an expectation for us to make good grades, keep our rooms clean, and excel at our outside

activities. When we do not perform to that standard, there is an authority figure to acknowledge this and remind us that we are not meeting the parameters. We may fall into the abyss of shame, embarrassment, and feeling less worthy. We learn this pattern as our journeys take us to the adult chapters.

I recently decided to sell my house and purchase a new home. I had been contemplating this for many years, and the opportunity came to me. I am a firm believer in proper timing for everything to work out as it should. I realized that this was a very intense undertaking. So, I asked for help, from my family and from people who work for me or have worked for me. I learned that everyone is always willing to help you. I don't have to be the person taking care of everyone all the time. It is okay to accept the help your loved ones want to give you.

Vulnerability is a strength. There is power in understanding that we are a collective, and not just individual silos. When we give and receive support from our fellow humans, we are strengthening the bond between us. We are all connected by what is in our hearts. That heart-to-heart connection reminds us of how similar we all are. As renowned spiritual teacher, Ram Dass, said, "We are all just walking each other home."