



"Empowering Girls To Make A Difference"

### **Strength in the Storm**

**By Peggy Mengel**

Recent news headlines: "Unprecedented times. Global pandemic. Shelter in place. Death toll rises." How do you stay strong during these challenging times?

Here's a fact: Our unconscious mind does not distinguish between what is real and what is imagined. So even passive activities like watching TV, listening to music and looking at our social media feeds are storing in our mind and influencing how we feel. So the question you need to ask yourself is: Does this nourish my mind and heart?

Now more than ever we need to choose carefully what we put in our mind. Every experience, TV show, book, and song needs to make you feel calmer and wiser. If it doesn't, then change the station!

The people we spend time with also play a big factor in nourishing our mind. For better or for worse, we automatically absorb the influences of those around us. An essential question to ask yourself is: How do you feel after you spend time with a person? If it's drained or depressed, it will chip away at your positive, strong mindset.

So what can you do right now? Here are a few ideas:

- Spend time with uplifting people.
- Build friendships with people who share your highest ideals.
- Engage with people that embody the qualities that you want to strengthen.
- Seek out positive books, shows, and songs.

There will continue to be "storms" throughout our lives. Some will be more severe than others and laced with uncertainty. But one thing we know for sure is that if we cultivate nourishing thoughts and experiences, our strong and positive mindset will navigate us through to brighter days.



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