

Life Can Be Challenging

By Dr. Detra Duncan, Fountain City Council at Large

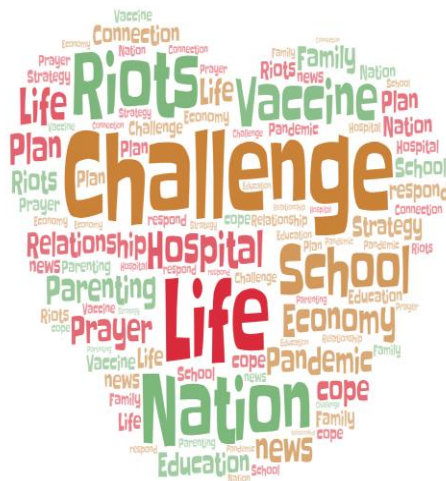
Life can be difficult during the best of days. Many of you reading this article know what it is like to face challenges. Whether it's grades, friends, or family members, life can bring its challenges. However, you can live courageously through them. Challenges are real. Learning how to overcome them will help you stay centered and remain calm under pressure.

Our nation is facing challenges. Riots at the capitol, threats of violence, resistance to a peaceful transition of power and an attempt to impeach a President for a second time are real issues. We have a virus that continues to run rampant throughout our nation. Hospitals that are full, a vaccine process that is undefined, an economy trying to survive, and a learning loss from students that are in school are definite challenges.

Challenges exist while parenting through a pandemic. There are relationship problems that police are not equipped to handle. We have unemployment that continues to rise. Teachers are feeling the pressure of students not achieving their potential throughout this pandemic.

Personal challenges have arisen. Women in the workforce is at an all-time low. Being a business owner has never been more problematic. Medical procedures are being delayed. Many are living with mental illness and unable to receive adequate counseling. Watching the news can make you fearful.

Ways to overcome your challenges are to:



1. Plan. Have a good strategy.
2. Know that you are not alone. Strengthen your network.
3. Ask for help.
4. Feel your feelings.
5. Accept support.
6. Reach out and help others.
7. Think big and try not to let your thoughts get in the way.
8. Do not give up and think positive.
9. Outline and define your goals. Work smarter not harder.
10. There is power in prayer.