



Workbook, CPD & Reflection Log

Episode 166: Are You Ok?

with James Spice

As professionals in high stakes jobs, you may face a lot of stress and demands in your job. Alongside the societal pressure, your own self-expectations and the struggles of the world coming out of a big crisis, there is a huge burden on you. It's not surprising then that when someone asks, 'How are you?' the truth is you're not ok.

But that's alright. It's completely normal not to be ok.

Let yourself recognise and realise the struggles you've been facing.

Acknowledge that so much has changed, and adapting to the new normal the world finds itself in can be difficult. What you can do now is take time for yourself. Don't let yourself get swept up by the stress, uncertainty and anxiety of it all. Learn to build your new normal where little by little, you can figure out how you can be ok again.

It's ok not to be ok. Find out more about how this is a normal part of life and what you can do to get better from this episode.

Podcast links

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Guest links

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Quote to remember:

“Surely being a human being, the starting point is how am I, and the second one is, who am I? And then I can go into the world with courage.”

What You Will Learn

In life, you'll inevitably come to a time when you'll realise that, no, you are not ok. You'll realise in this workbook that not being ok is a normal part of your life. What you'll do next is up to you and who you are now.

The world has gone through big shifts in the past few years due to a worldwide crisis. With it came big shifts in your life that could've changed what it means for you to be ok. The first part of the activity dives into these changes. It helps you realise that what might've worked for you in the past might not anymore in the present. You might find that your view of life, your relationships and your career are all different. This is your chance to reframe your life and build a new normal that fits the new you.

As you realise these shifts in your life, you'll also learn more about yourself. Now is the time to ask and reflect on important questions. This self-reflection will help you find out how you are really. Admit to yourself and acknowledge when you're not ok. Learn more about who you are now after all those changes. And lastly, reflect on how others see you as a fellow human being. These reflective questions can guide you in making decisions as you move forward in your life.

The activity also dives into how you feel and the values you uphold in your life. By writing down all these things, you can process your thoughts much more clearly. Express all your feelings and thoughts through pen and paper or however works best for you. This can help you as you go from not ok to doing ok. The activity also guides you to find and rely on your community. As the world recovers from numerous pandemic lockdowns, find how you fit into your communities.

It's ok not to be ok. When you make an effort to take care and invest in yourself, you'll find that with time; everything will be ok.



Activity: Being Ok in The New Normal

Many things have changed since the recent crisis the world has faced. Think about how you might have changed from before and after the pandemic. Reflect and write down these **shifts in your life**.

	Before the pandemic	After the pandemic
Purpose		
Values		
What's important to you		
Goals		
Career		
Relationships		
Other Changes		

Look at your life now. Remember that life isn't perfect; it won't always be happy. How does your life fit into the **Rule of Thirds**?

Your Life		
The happy and positive	Just fine	The sad and negative

You won't know if you're not ok if you don't ask yourself. Asking questions is a vital part of getting to know yourself. Take your time and answer these three big questions:



How are you? How are you *really*? Remember that it's ok not to be ok. Don't pressure yourself into having a perfect life.

Who are you? What are your purpose, values and motivation? You can base your answer on the table about how you have changed.

How might you appear to others?

Now that you've answered these questions, use the following space to just **write it all out**. You can set a 10-minute timer to write how you feel, your values, or whatever you want. Feel free to draw pictures or use different colours to show your mood.



A large, empty rectangular box with a black border, intended for writing or drawing.



Alternatively, there are different ways to express yourself. You can also play an instrument, move your body, paint, or whatever you want. Try other methods to reveal who you are and what you feel.

Which ways of coping and self-expression helped you? Make sure to take the time to do them again.

Community plays a big part in being ok. Who are the people you consider your community? Share your experiences with them and welcome their comfort and support while you're not ok.

- _____
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Lastly, remember to invest in yourself because you deserve it. Take the time to take care of yourself.

CPD time claimed:

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