

♥ Snippets of Encouragement #344

Hello darlings

It is day 344 of Snippets of Encouragement, and lately, my heart has been very sore for someone that I love who is going through an incredibly tough time. Every part of my being wants to rant and rave and rush to their rescue, but this won't serve either of us.

In light of what they're going through and how I feel about their pain, it's like reliving all the enormous challenges in my life where I've felt utterly weak and helpless. That feeling sucks, to be honest, and everything I want to say or do feels wholly inadequate. I'm sure you've also experienced moments like these in your life.

This made me think of what we do in case of an emergency when flying. The instruction is to put on our face mask and then help any accompanying passengers. We can never help others if we are unconscious and this is logical, and yet in case of emergency in our daily lives, this is often the last thing that we do.

The circumstances we find ourselves in and the pain and suffering we experience distract us from our number one priority – ourselves. We go into manage, fix, escape or hide mode. We try our best to get a handle on the million moving parts we feel rushing towards us. We spend precious time thinking of the past wishing we could influence it differently to change our present or we hide in the future hoping for an alternative outcome to what we foresee.

Seldom do we think to ask ourselves, "Where is my oxygen mask? How can I care for myself right now?" Perhaps this is because we're so fixated on escaping our pain that we can't see that caring for ourselves is the way to come through a crisis in our lives.

Each of us has different ways in which we administer self-love, and there is no one size fits all in this regard. It's in knowing ourselves that we learn to love ourselves, but firstly, we always need to remember not to forget ourselves.

In the case of my loved one, I know that they will emerge from the crisis they're in – we always do. I don't know how they will emerge, but I hope that they will be stronger and wiser than before. It is my greatest hope, however, that they reach for their oxygen mask and care for themselves at this critical time.



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It is also my hope for all of us that we will always remember to act appropriately when a crisis enters our lives. Let's not forget to put our oxygen masks on first before we try and care for everyone else. However, sometimes it's only when our plane is about to crash that we learn how to self-love and care for ourselves first, but we shouldn't wait for a crisis to strike before discovering the most crucial life-skill of all.

Darling, be encouraged to always reach for your oxygen mask first regardless of your life circumstances. Never forget how precious you are and that you are your number one priority. Never forget your value. Ever!

