

Wellness Tidbits



TURNING CHALLENGES INTO OPPORTUNITIES

Have you ever been blind to an opportunity when presented in the form of a challenge? Amidst COVID-19 shutdowns and uncertainty, everything that we had known is completely upside down. What used to be familiar, set routines or road signs in our life, now seem confusing, as if we got off course somehow. But perhaps amidst the challenges of COVID-19 there is an opportunity in front of us.

Consider this, is it possible that COVID-19 could provide you a **fresh start**? Maybe you were too committed to what you thought your life was supposed to be, stuck in your routine, too defined by normal that you were missing the possibility of opportunities for change.

John F. Kennedy once said, “when written in Chinese, and the word ‘crisis’ is composed of two characters—one represents danger and one represents opportunity.” Although this interpretation of the characters is not entirely accurate*, the President’s wisdom about **disruption presenting huge opportunities** is not lost. What are some ways that we can turn our challenges into opportunities?

1. **Alter Your Perspective:** How often are you exposed to negative messages? What impact does this negativity have on your mindset and attitude throughout the day? Our perspective influences our approach when encountering obstacles and determines how daunting they will be to overcome. Rather than becoming angry, frustrated, or accepting defeat, find the silver lining in the situation. What can you learn or change from this experience to become better?
2. **Practice Finding Opportunities Hidden Within Each Challenge:** Create a list of ways the current crises are impacting you or your life, and then find the opportunities hidden within each of those challenges. For example:
 - *Challenge: Restaurants are closed or too high a risk to enjoy now.*
 - *Opportunity: Experiment with new recipes and develop healthy cooking skills.*
3. **Keep Moving Forward:** Yes, there are some challenges that are simply beyond our control. Recognize these challenges when they occur, and rather than stressing or complaining about them, pivot and build momentum in a positive direction.

Right now, are you prepared to take this opportunity to retool your time, your schedule, your priorities, your relationships? Are you ready to turn your challenge into your opportunity?

*<https://workplacepsychology.net/2014/08/10/in-chinese-crisis-does-not-mean-danger-and-opportunity/>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read this article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Name one way you can turn a challenge into an opportunity.

**ANSWER FITBIT®
CHALLENGE HERE!**

