

40 Ways to Fuel Renewal

(Starting with the basics)

1. First, be still. We do not have to be *doing*, to be a human *being*.
2. Permit ourselves to be present—without having to solve anything.
3. Learn how to notice and pause before we take action. The small pause gives us freedom—in how we respond, in how we show up, in how we can be more whole.
4. Take a moment to see how our roles might be in conflict right now—because this situation is pitting them at odds. More gracefully choose which roles we want to bring forward, and which need to recede, in the situation we are in.
5. Return to our values as an anchor. How can we try to live them more intentionally—even in the tiniest ways, in little moments?
6. Better yet: Make a morning ritual of presaging each day. Write to ourselves how we hope to live our roles and values that day. (It may sound silly, but this kind of priming makes us more ready for what will happen that day.)
7. Learn how to sense what we need right now. (Noticing what we need is its own form of awareness.)
8. Learn how to ask for help to get what we need right now. (So many of us, even when we know what we need, fail to ask for it from those who can help us.)
9. Master The Big Vent—making private time to speak (or scream) out loud what is truly bothering us. Find a room alone. Lock yourself in your car. And vent. The point is to create a moment where you aren't censoring yourself.
10. Embrace the idea that we are all artists—in one way or another, we imagine and create our own lives.
11. Realize we are in a 'species moment'—and we are not alone in what we are experiencing.
12. Always keep something beautiful in our minds—something we are trying to live out in our days, helping us deal with the most brutal parts.
13. Time is a bully—and we can resist the urge to be always busy in this moment of crisis. Doing less creates a space for beauty and inspiration to flow into. Less can be more.
14. Learn the value of co-sensing—comparing what we see from our vantage point to what others see from theirs.

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15. Pick a diverse set of co-sensing partners—and actively spend time with them.
16. Don't overdose on news, information, or anxiety-inducing media that isn't good for us.
17. Learn to ask a more beautiful question.
18. When we are sad, anxious, feeling something has been lost, it's likely the thing we are feeling is grief. (Turn to David Kessler to learn more.)
19. Grief is not comparative—my grief doesn't have to be more profound than someone else's grief to make it valid.
20. One idea: Draw your own life line—from your first breath till now. Note the down moments of darkness. Note the up moments of light and joy.
21. You might choose to see the down and dark moments as proof we have built a resilience for this dark time we are in now.
22. You might also choose to see the light and joyful moments show us that—in many cases—dark times do evolve and reveal new possibility.
23. Grief often has stages. And each of us is in our own stage.
24. At the same time, grief is not linear—it comes and goes in waves. Learning to notice the waves is the first step of being okay with it.
25. Take in the situation in a full-bodied way. Learn to trust what our heart and gut tell us as much as what's going on in our head.
26. Build and strengthen a meditative practice. (Small doses, no guilt.)
27. Your mind is quite an imaginative thing. You can use the power of visualizing to your favor: Create a visualization practice to visit a place that calms you. Ultimately, that place is accessible to you whenever you want—because you are its creator.
28. Realize that those times when the reality of our days overwhelms our meaning-making system are when we feel trauma most.
29. In those situations, there are really two primary responses: Ignore our reality, or *expand our capacity to make meaning*.
30. Renewal is a choice. You have to actively choose growth as an outcome of stress. We can aim for post-traumatic growth, not post-traumatic stress.

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31. In a period of renewal, it's helpful to look at your self-narratives—the stories you tell (and believe) about yourself.
 32. Find the stories that give you strength, and lean into them.
 33. Are there any old stories that no longer serve you? Can you let them go?
 34. Part of what makes this human moment special is that so many people are traveling a curve from shock to renewal, simultaneously—this means we can choose to see how we have more in common with others. We can be helpful to others.
 35. Create a recipe for renewal—helpful ingredients are: Something from your history you want to bring forward, something that is emerging that you want more of, something you yearn for that might be within the realm of what's possible now.
 36. Look at things that cross your path as invitations to put that recipe into action.
 37. In periods of renewal, focus on the essential over keeping busy for the sake of keeping busy. Your recipe for renewal also hints at what you should *stop* doing.
 38. Make time to take in things that nourish you—listening, contemplating, choosing experiences that bring you alive. Nourishment in all forms counts.
 39. Decide what you want to renew—yourself, your duo relationships, your family (however you define it), your team/organization, your nation/community, the planet. Being clearer about where your interests lie will help you find more meaning as events unfold.
 40. Embrace the idea that shunning darkness and tough times—because it seems like brokenness—actually robs us of a chance for whole humanness.
- More wisdoms to come, as the community shares more: tools@thishumanmoment.com