

# Dr Mark Arcuri

## Transformational Tips Newsletter



[Home Page](#)

[Coaching](#)

[Events](#)

[e-Learning](#)

[Blog](#)

Hello !

Thanks, so much for coming back for our second installment of the biopsychosocialspiritualenvironmental method to developing resilience! In this series we are reviewing how taking charge in each of these areas of your life enables you to *respond* to the challenges you may face – not only as a response in the age of coronavirus, but *anytime* as a new way of life.

Remember, we are not battling something, we are not fighting, we are not confronting. We are adapting our strategies to cope. We are facing something new but using what we already know. We are *living with* what we are encountering and doing the best we can. And it's enough. And not only is it enough, it's all we can do! And not only is it all we can do... it's enough. J

### **Psychological Resilience**

This is a big one! How do we shore up our psychological response to something that none of us has ever had to deal with in our lifetimes? There's no manual, but we have the chance to write it one now. We can learn from others. We can adapt and improvise. We can allow ourselves to make mistakes. And we can build on the mistakes as well as on the successes. We all play a role. Everything you do affects everyone else; and, everything everyone else does affects you. Perhaps this is the first learning.

### **It's a "Finding Joe" Moment!**

My clients are used to hearing me talk about "Finding Joe" moments. The movie *Finding Joe* is one of my favorites to prescribe and I recommend every

one of you watch it at least once. It now available free on YouTube at:

<https://www.youtube.com/watch?v=s8nFACrLxr0&feature=youtu.be>.

This is one of most powerful films I know, and it describes perfectly where we are now. As a society, and as individuals. It shows how the Universe is constantly giving us wake up calls – to do things, to make changes, to take risks, *to be authentic*. When we do not answer those calls the Universe eventually, but still in the most benevolent of ways, will upend us. Plain and simple, something will happen. It will do what it needs to do to get us to notice, *and* to take action.

I believe that the current crisis is a Finding Joe moment on a societal level. It is a transformational crisis for humankind. But we each have our own Self interwoven into the otherwise collective experience. We are being forced both as a society *and as individuals* to make changes. What changes are they? What is the Universe asking you to reexamine in your own life through this experience so that you can be happier and more fulfilled and do your part to support our society in doing the same? The movie will guide you through it in a magical way through a collection of clips from popular movies that each show the process and how to navigate on your journey to authenticity. Give it a watch this weekend! It's free... it's priceless... and we *all* depend on it!

<https://www.youtube.com/watch?v=s8nFACrLxr0&feature=youtu.be>

### **Change the Language**

We also need to change the language we are using in response to the current situation. Daily I hear people write and talk about “uncertain times.” There is nothing uncertain about the times! There are unknowns, yes, but there is certainty that we as a society will get through this. What is unknown may be the challenges we will face tomorrow and how we will choose to solve them. But we can handle challenges and we *will* get through them. So how do we focus on the handling and our responses rather than getting overly caught up in the challenges themselves?

We have to change the language around what we are doing. We are not fighting, confronting, or battling. We are dealing with things, one way or another we are simply dealing with them.

We have to remember that *we get to choose* how we will deal with them. A big part of psychological resilience is understanding what Viktor Frankl taught us in *Man's Search for Meaning*. No matter what the challenge, no matter how horrific it might be (remember, Frankl was in Auschwitz and his entire family was killed), *we get to choose our response*. And the choice we make is sometimes, as it was for Frankl, a matter of life or death. That we get to choose is

something that no one or no thing can take from us. It is a right that we all have, and it is interminable.

Ask yourself, “How does it feel to see the pandemic as something imposed on me and as something I must endure? As something to which I must beg for mercy? As a monster under the bed waiting for me if I dare fall asleep?”

Ask yourself, “How does it feel to see my current circumstance as a challenge? (not as challenging but as a challenge) As something to step back from and from which I can make decisions about how I might respond? As something toward which to exercise Response-Ability from which to make decisions that affect me and everyone around me?”

Then ask yourself, “Which set of questions leaves me feeling **empowered**?”

### **It’s Easy to Say...**

For sure it’s easy to say, and fear is real, and anxiety is skyrocketing right now. It’s easy to get caught up because things like this get at our core buttons and insecurities and scripts that we have had all our lives. But in having them revealed to us as they are, we can see them, name them, *and* do something about them. Remember, anything that causes you angst, anything that is disturbing, anything you call a button, these are nothing more than evidence that you are being inauthentic in that moment. In your authenticity, when you are acting from that place of Who You Really Are, all flows smoothly. You are in a flow of Wellbeing.

### **...But There Are Things You Can Do**

So how to get to that place of greater psychological resilience? Here are some things to consider:

1. *Finding Joe*. Watch it! <https://www.youtube.com/watch?v=s8nFACrLxr0&feature=youtu.be>
2. Remember that *the directive that many of us are living under right now is not social distancing*. That is very poor language. *The directive is for physical distancing*. So, we must explore ways to stay virtually connected to others – with people you know and even with people you don’t know – social media is *not* the best way to do this! There is too much inauthentic distraction to wade through on the likes of Facebook. Rather, get in on an online game ([Words with Friends?](#) [Online cards and board games?](#)).
3. Set up a regular FaceTime or Zoom/Skype meeting with a friend or more than one. Easy, free, and you can invite as many as you like!

4. I just got off the phone with a friend who agreed to a takeaway meal with another friend in a parking lot, but in their own cars, while able to see each other and talk while they “share” the meal.
5. How about an online course? Here’s a free one from Yale: [The Science of Well-Being](#). You can say you are a student at Yale! And you will be! As I am writing this, there are 539,410 people enrolled. Are they telling you something?

**What other ideas do you have? Just Reply this e-letter and I will compile them and send them out to everyone!**

Remember, the simplest way of achieving psychological resilience is remembering that YOU GET TO CHOOSE NO MATTER WHAT is thrown at you. Learn from Frankl and live into that mindset all day long. With some creativity, an open mind, and a willing spirit, you will allow our current challenges to move through you, not the other way around. What you will find, in the end, is that you have been transformed in the process, and that while everyone else is busy getting things back to normal You Are Busy Living Life In A New Way!

With great gratitude, and resilience,

Mark.

PS, See you in two days for Social Resilience! Watch for it!

**Spring Has Sprung!**

transform in the comfort and safety of home or office!



CODE:  
**SPRUNG**

**30% OFF**  
COACHING SESSIONS  
& PACKAGES

now through  
3/31!

[DRMARKARCURI.COM/COACHING](http://DRMARKARCURI.COM/COACHING)



SHARE ON FACEBOOK



SHARE ON TWITTER



FORWARD EMAIL

### Transformational Life Guidance

PO Box 29930, Santa Fe  
NM 87592 United States

(505) 629-0821  
[admin@drmarkarcuri.com](mailto:admin@drmarkarcuri.com)

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)