

Women Facing Adversity

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Are you or someone you know dealing with some real struggles in life right now? Perhaps the loss of a loved one, employment or financial woes, or maybe a serious relationship issue? The personal challenges that women often face seem to intensify right at the time when you're least able to handle it.

Staying focused, positive and optimistic is extremely hard to do, especially when you feel the weight of the world on your shoulders. When things get hot, it's not fun to feel the heat, and we can sometimes prematurely jump ship before we need to. When you don't know what way to turn, where to go, what to do—just stay still and wait. Sometimes not doing anything is the best approach, especially when things are not clear to you.

You may ask, "Why should I try to maintain when things are falling apart all around me?" Because life

has a way of changing for the better—and sometimes rather quickly. When the weight of the world falls on you and you feel like giving up on life, DON'T! If for no other reason, whatever the burden, know that it will pass. The weight of the world is meant to be shared and carried with others—not alone. We all need somebody to listen to us and give us encouragement at different times in life.

To hear, "Hang on in there... Things will work out for you... You will be okay... are comforting words when you are going through a storm. Even if you are not going through, someone close to you just may be. This is the perfect time to invest a part of yourself at no cost to you. Give that person one of your smiles and a word of hope.

What goes around comes around and the kindness you give to someone else in their time of need, will return to you when it's your time.

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