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# THE TOUGH TIMES SURVIVAL GUIDE

THE 5 PLACES TO FOCUS  
WHEN YOUR WORLD FEELS  
UPSIDE DOWN



# HI, MY NAME IS MICHELLE AND I AM A TRAUMA & WELLNESS EXPERT.

I have been a health care professional since 2003 and I'm the author of 3 times Amazon best seller "**The Mastery of Wellness**".

I hold such qualifications as:

- ✓ Holistic Health Practitioner
- ✓ Hypnotherapist
- ✓ NLP & TimeLine Therapy® Practitioner
- ✓ Diploma of Mental Health (Specialising in PTSD, Anxiety, Depression, Drug and Alcohol abuse, Domestic Violence, Self Harm)
- ✓ Nutrition
- ✓ Emotional Coach (Specialising in Self Sabotage, Heart Healing Techniques, The Power of Vulnerability, Discovering Causes Under the Symptoms)
- ✓ Reiki Practitioner
- ✓ Psychological First Aid
- ✓ Exercise Coach (CHEK)
- ✓ Older Adults and Children's Coach
- ✓ Pre/Ante/Post Natal Care
- ✓ Personal Trainer
- ✓ Back Care & Core Care Expert
- ✓ And much more

You can rest easy knowing you are in a non-judgemental coaching space, with a 'no fluff' and real deal attitude towards life's challenges and difficulties.





# THE TOUGH TIMES SURVIVAL GUIDE

## THE 5 PLACES TO FOCUS WHEN YOUR WORLD FEELS UPSIDE DOWN

When you are going through trauma, life challenges or hardships, regardless of what you are experiencing, I have a few things to begin helping you through this.

Before I give you tips I want you to know that I get it when EVERYONE is trying to give you, sometimes unsolicited, advice. So let me be a bit of a reminder beforehand... Nobody has lived your life and walked in your shoes, nobody else deals with the consequences of your actions or inactions.

Nobody else actually lives your life but YOU.

So only YOU need to get on board with your choices.

You get to listen to your own inner wisdom and take your own advice ABOVE anything else anyone says to you. I don't care who the advice comes from, you take what you need and leave the rest. If something doesn't resonate, don't follow it. You get to start trusting yourself here. So even as you read these suggestions remember they are just that. Suggestions.

There might be a couple that resonate and you take action from and the rest you leave. Great. You do you! You can rely on your judgement, even if you have forgotten that you can. Let me be a reminder for that.

In this article I am going to give you some practical tips that are helpful when the world has turned upside down and you don't know up from down.

Here are 5 things to remember when life gives you challenges:

## 1. ITS OK TO NOT BE OK

Please really sit with that thought. Honestly.

There seems to be this pressure from self or from others to get “over it” as soon as possible. That’s just not realistic.

It takes time to overcome hard things. So can you please give yourself a break! You are not a robot, you are a human being with a heart and a mind. You have emotions and feelings and there shouldn’t be an expectation to “bounce back” from that in a heartbeat.

Don’t try to hide or run from it – emotions are there to be felt. Even as shitty as they can be sometimes. They are there for a reason. If you suppress it then you are in a world of trouble down the track. Even the word emotion tells you what’s going on. E-MOTION = Energy Moving. You can’t bypass this. So, sit with it. The old saying goes “You have to feel what you need to heal”. So as hard as that can be, the way through the darkness is to keep going. You don’t have to be ok or pretend to be ok. But you have to remember that it’s ok to feel that way. It won’t last forever, it can feel like it, but it won’t.

Please remember to give yourself the compassion and grace that you would for anyone else. But give it to yourself.

You can move through the “not ok” part in any way you want to. You can have coaching, you can journal, you can take a course/retreat/events, you can meditate, there is no right or wrong way to manage the “not ok” aspect, other than not doing anything about it!





## 2. DON'T ALWAYS LISTEN TO OTHERS.

Yep, you read that right.

Others around you can mean well by telling you that you “should do this or that” but that can reinforce distrust for yourself and your own guidance.

Nobody else lives your life but YOU. Also, nobody actually knows the “in’s and out’s” of what you are actually facing. So, while having external advice can be helpful sometimes, be very careful who you take advice from. Is it someone that you would like to emulate in some way? Most people don’t live happy lives, so don’t take advice from someone who doesn’t inspire you to be a better person in some way, shape or form.

Be careful when taking advice from family or friends, firstly remember that they don’t have the training or skills to be able to handle what you are facing. They too also have shit going on in their lives, that you may not even know about and therefore they don’t have the capacity to support you.

That is one of the many reasons why coaching is so important. Being trained to be able to help support and guide as well as using tried and true techniques to overcome. Not just imbed and perpetuate the problem/s further.

So be very selective of who you chose to share with and who you seek advice, help and support from.

### 3. FIND THE RIGHT PEOPLE – COMMUNITY, TRIBE, FAMILY (WHATEVER NAME FLOATS YOUR BOAT). FIND YOUR PEOPLE.

You need the right people in your life. People that want you to succeed, that want good things for you, that want to see you overcome the hardships and be the best, happiest, healthiest, most authentic version of yourself.

It is important to note that you are allowed to outgrow people, places and things. This is important because when you are going through a hard time you need people who will help you to come back to your true centre when you have lost your way.

We as human beings need one another. We are not designed by our very nature and nervous system to be on our own. We require love, support, touch, care and more to be able to thrive. There is a tendency to forget this when you are going through shitty things. You can want to lock yourself away in solitude and thus perpetuate the feelings of being lost, alone and stuck for longer than required.

This is where it is important to connect to those already in your life. OR if you feel that they no longer resonate, you need to find people who connect with you and who you are evolving to be. You can do this in many ways. Go to a workshop, join a group, go on a retreat, become active in your community in a way that feels congruent to you and your personality, go back to doing childhood hobbies that made you feel alive. Start wherever feels right and supportive to you and your inner and outer wellbeing.

You need to be in a healthy environment where people genuinely have your back and want to see you succeed. If you don't have this, now is the time to find it.

Oh, and a final note on this one...delete or unfollow any social media people or personalities that don't help build you up! You gotta stop watching that crap! Most of it isn't real anyway!





## 4. ASK FOR HELP

Yep, you need to get over the bullshit stories in your head that asking for help makes you weak, incapable or any other self-critical thought that you have bought into by silly society standards.

The bottom line is EVERYONE needs help.

But we have been taught that it's not ok to ask for it.

Why?

That just seems crazy to me. I get it though, I used to REALLY struggle to ask for help coz "you should be able to handle it all on your own right"?  
WRONG!

Simply put we are tribal creatures and we require others to thrive, therefore, we all have particular areas of expertise individually. What that means is we all have blind spots and areas that we suck at too. The beauty of this is that we are able to support each other with the areas that we lack in, because someone else is strong there and vice versa.

The biggest way you can prove to yourself that you have your own back is to ask for help when you truly need it. You also have to be selective who you ask help from. This is where the previous tip comes in. If you ask someone who has proven to never show up for you, why are you keeping them around in your inner circle? They haven't earned that position there.

You ask people who will show up for you.

You get to choose the people in your life that you keep close to you wisely. I call them the 'inner circle' because they get to know you like family. The family you create and choose. These are the real people who love you, care for you and will be there for you in all the sunshine and all the storms too. So do yourself a favour and if you haven't taken the advice from tip 3 get rid of the people, or distance yourself from the people with healthy boundaries, who detract from your life and find or enhance the relationships with those who strengthen the quality of your life. Be selective who you ask for help. Set yourself up for a win and ask someone who will honestly have your back.

If you find that you don't have people like that in your life yet, then you get to choose a coach who will be your support network. I know over the years I have worked with many people who I was their only support when they initially came to see me. You have to start somewhere.

## 5. FIND SOMETHING THAT MAKES YOU HAPPY

When things are really hard and life seems to have completely gone up shit creek without a paddle you can forget all the wonder and joy that is in the world.

Rightfully so.

But it is up to you to begin to find what makes you happy again and then prioritise doing that. Seriously, put it into your schedule like an appointment. It could be a hobby, or an activity, whatever it is, it has to be purely for YOU and purely for the love and enjoyment it brings you.

I share often how for me that includes horses and hiking. So, I ensure to fit that into my schedule. That is what works for me, those are a couple things that give me endless joy and happiness.

What would make you happy?

It doesn't have to be something hectic, it could be a stroll on the beach, a yoga class or anything else that just makes you happy and feel good.

If you have no idea where to start, what did you love as a child? You could start there. Or you can just begin trying new things, you will find something that makes you happy. When you do prioritise it. Book it in like an appointment and make sure it happens regularly.

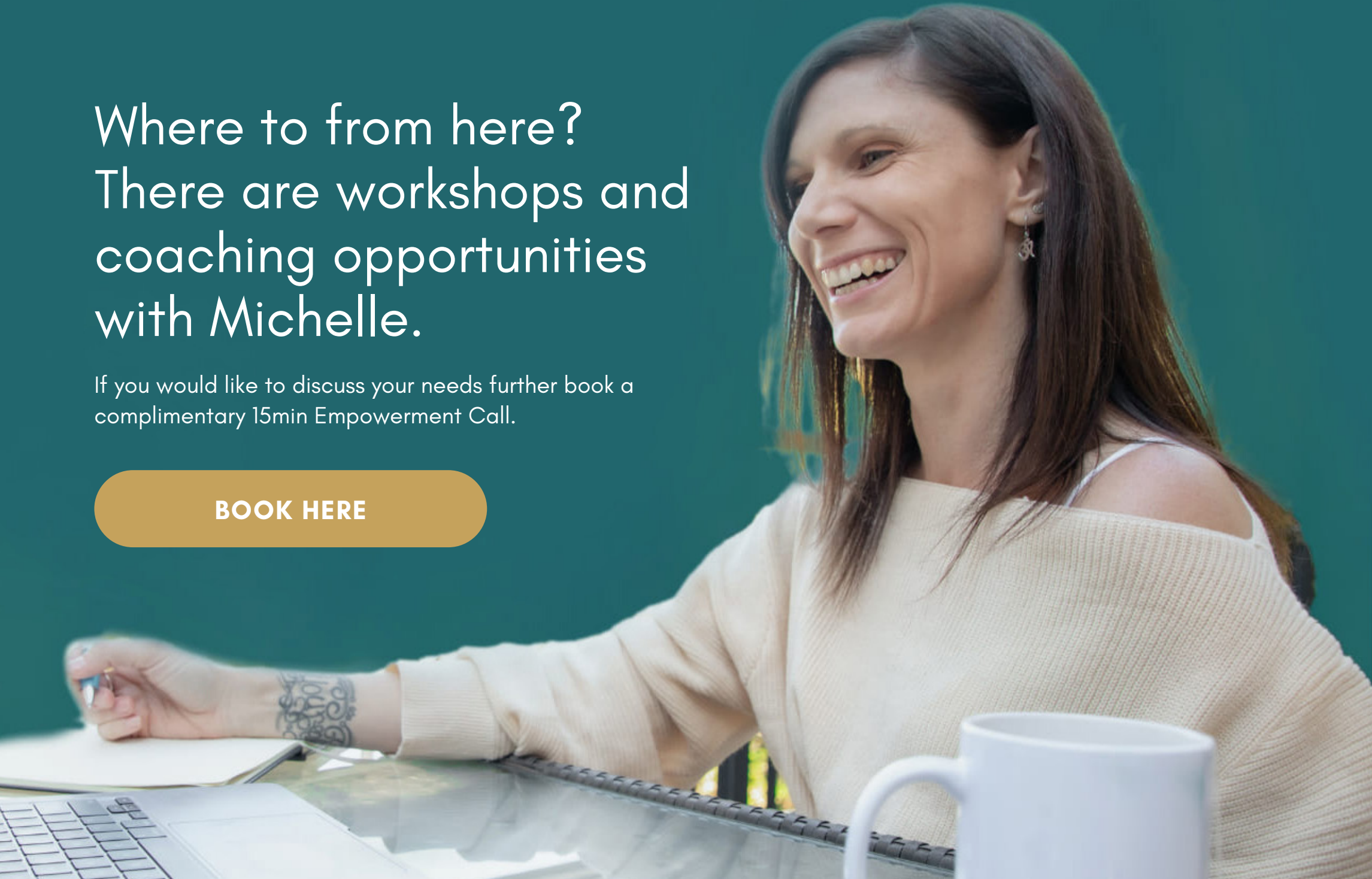




# Where to from here? There are workshops and coaching opportunities with Michelle.

If you would like to discuss your needs further book a complimentary 15min Empowerment Call.

[BOOK HERE](#)





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# TRAUMA RECOVERY.

“Taking you from your lowest to genuinely happy.”

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