

What helps you feel resourceful?



While very much on the corona coaster, I've learned to feel all the feelings rather than attempting to force resourcefulness



By Eve Menezes Cunningham

There are many things I can't do. I'm not a parent so I have no idea how most of y'all manage to keep growing souls alive and thriving with (mostly) such good grace. I can't drive. I feel like a terrible feminist but I have yet to learn how to use power tools. I am clueless in many, many ways.

And of course, there are lots of things I do well without even thinking about them but because these things come easily to me, I (until I sort my self-talk out and have kinder words with myself) value them less than the things that feel impossible.

Moving from Essex to Ireland's Wild Atlantic Way last spring has transformed my life. Rural living has been a revelation. I am still endlessly leaping off my bike to take pictures of the mountain, calves, cows, sheep, lambs, trees – I'm like a toddler in many ways, so delighted and awed by my new surroundings.

This toddler mentality has served me well this past year. Toddlers don't beat themselves up when they can't crawl or walk; they simply keep trying until they succeed.

In Pearl Cleage's wonderful novels, *What Looks Like Crazy on an Ordinary Day* and *Wish I Had a Red Dress*, her main character has a credo, Ten Things Every

Free Woman Should Know. They've stuck in my mind since first reading them nearly 20 years ago.

Cleage's list includes being able to grow your own food and flowers, preparing nutritious food, self-defence, basic first aid/sex ed/midwifery, childcare, basic literacy/basic maths, basic IT, defensive driving, map reading, auto repairs, home repairs, household budget/money management, spiritual practice, physical fitness, health and hygiene. Things that when I first read them sounded as alien as learning to fly a rocket ship.

While very much on the corona coaster, I've learned to feel all the feelings rather than attempting to force resourcefulness. Due to my online practice and writing already being portable, I've been fortunate to be busy with work but have learned to allow more downtime than usual simply because there's such a lot to process.

Doing this helps me be more congruent. When I am feeling more resourceful, I've noticed my confidence is growing with each new skill I learn.

Mowing my path through the field as I rewild and water the trees and shrubs I've planted gives me a sense

of wonderful guardianship of the land I'm privileged to live on. I created a giant crystal grid in it the other day so now, as well as my daily yoga, meditation and EFT, I am doing a walking meditation along my gratitude grid (lifting one foot as I say Thank and the other as I say You).

If I had kids, I'd want them to know how to take care of themselves in these basic ways (cooking, exercising, spiritual practices) – I wish I'd spent a little more energy learning to cook, for example, earlier on. Sure, it's tougher in smaller spaces but I could have benefited from the confidence that knowing how to nourish yourself brings.

I'm conscious that, with NLP, there's a lot of focus on excellence and genius and, while this is wonderful, there's something magical about ordinary things like baking and gardening – watching things change state from raw ingredients or seeds to delicious food or thriving plants and trees.

How can you give yourself more credit for the ordinary things you've managed to continue with or even learn?

How might you build on the resourcefulness you already have by creating more moments of peace where you reflect on your resilience and the things you're learning? ■

Eve Menezes Cunningham is the author of *365 Ways to Feel Better: Self-care Ideas for Embodied Wellbeing* (White Owl, 2017) and an online trauma therapist and NLP master practitioner. You can access free NLP and other resources at www.selfcarecoaching.net/covid-self-care.