

Life Matters in November



What is Life Matters?

For those in contact with us for the first time, Life Matters offers professional Life Coaching and Counselling to individuals and families; we also offer counselling for children. Life Matters has rooms in Newmarket and Capalaba in Brisbane.

Feeling unfulfilled?

- **Read about the identity crisis sweeping the world...**



Since 1963, an unusual condition has been noted - observed to have started predominantly in America. Initially termed 'problem that has no name' it was described as a large volume of people complaining about feeling unhappy and unfulfilled despite having a loving relationship, several children, secure finances, quality friends and involved in hobbies. These people did not appear to have biological, hormonal, sexual or other psychological deficiencies.

US psychologist, Betty Friedan interviewed these people and found one common factor – they were all trying to fit within the roles of mother/father/wife/ husband/breadwinner/carrying out domestic duties and performing the traditional routine of parties, gardening, golf on weekends, other hobbies and annual holidays with the family. At the end of these so called fulfilling and rewarding activities and responsibilities people were waking up each morning thinking 'is this all there is to life?'

In 1965 this condition was given several names, most commonly known as midlife crisis.

Some of the symptoms...



- search of an undefined dream or goal
- a deep sense of remorse for goals not accomplished
- desire to achieve or hold onto, a feeling of youthfulness



Regrets over:

- work or career
- spousal relationships

In the 1990's these symptoms were thought to affect adults between 40 and 60 years of age however, literature today espouses the term 'identity crisis' to encompass those in their 30's, 20's and now even teens. It is now described as a time in life when an individual begins to seriously question the purpose of their life and is now thought to occur at any time, especially in periods of great transition.

So how does this relate to you?

In a nutshell, it seems that having a job, family, house and a couple of hobbies aren't fulfilling people anymore.

Have there been times when you have woken up wondering 'is this all there is?'

What to do about it...

Start by writing down your 'roles' in life. For all those parents out there, being a parent is a *role* – it is not part of who you are! Can you enjoy being a parent? Absolutely. However it doesn't define you.

Now, for the big ones...

What are those dreams that you have given up on?
What is that thing you are passionate about?
What do you truly enjoy doing?

If you have some idea, that means you have a choice. You can become a statistic...or listen to the weight of the world shouting out for you to give it a go, to get started, to take a step in that direction!

Don't know what that dream or passion is? This is where you can really get excited; it is like having a blank sheet of paper and being able to paint in any colour. You can only go forward. Remember, you can't get lost if you don't know where you are going!





This is where a life coach can really help you to accelerate this process. Just like a personal trainer, a life coach will hold you accountable to taking action steps to achieve your goals. If you aren't sure what those goals are, a coach will work with you to find out.

You win every time.

So...feeling unfulfilled? ...Waking up questioning the meaning of life?

Consider this:

The meaning of life...is the meaning you give it.

Happy creating!



Sources: Rachel Simon-Kumar – Unhappy Women: Caught in an identity crisis? and Susan Krauss Whitbourne – The Search for Fulfilment.

November Words of Wisdom

The Wise Songbird – Author Unknown

Once upon a time there was a red-golden songbird that lived in a beautiful garden. It spent all its days singing the loveliest songs to the honour of its maker and the delight of all the people who heard it.



But the keeper of the garden, who was a foolish and greedy man, coveted the little songster, and one day he made a cunning net in which he snared it. The little bird begged the man to release him and promised to tell him three great secrets if only he would let him go. Now the gardener really was a very greedy man and rubbing his hands together, he eagerly released the bird.

Then the songbird told him it's three great secrets:

**Never believe all that you hear;
never regret what you have never lost, and never throw away that which you have in your
keeping.**

The gardener was furious when he heard this and said he had known these so-called 'secrets' since he was a little child and shouted that the bird had tricked him. But the songbird quietly replied that if the man had really known these three secrets, or only the last of them, he would never have let him go. Then the bird added:

"I have a most precious jewel weighing over three ounces hidden inside me and whoever possesses that marvellous stone will have every wish granted."

On hearing this, the keeper roared like a lion and cursed himself for setting the songster free. But the little bird only added fuel to his rage by explaining that since he weighed no more than half an ounce at most, as anyone with eyes could plainly see, how was it possible that a gem weighing more than three ounces could be hidden within its tiny body?

At that the man tore his hair and lunged at the bird in a towering rage, but the little songbird flew to a nearby branch and added sweetly:

"Since you never had the jewel in your hands you are already regretting what you never lost, and believing what I told you, you threw it away by setting me free."

Then the little songbird told the man to study well these three great secrets and so become as wise as the bird himself!





Humour for your Health

The Moose and his birthday

Readers Digest: www.rd.com

A family was celebrating their daughter's fifth birthday at a local restaurant when the little girl's father noticed her looking sadly at a moose head on the wall.

Someone had placed a party hat on its head.

Her father knelt beside her and explained why some people hunt animals.

"I know all that," the child sobbed. "But why did they have to shoot him at his birthday party?"



I trust you enjoyed the November edition of Life Matters *What Matters*.

For appointments and enquiries please contact me on the details below.

Warm Regards,

Kristie