

LET & ABLE Newsletter

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Love is a word that much can be said about. It describes and ascribes essentials and emotions that can make or break a person. Indeed, love is one of the most powerful forces on the earth. Its attributes and importance can cause our finite minds to loop and fail to comprehend. Because of its power, importance, and inability to be broken, it behooves us to pursue with passion the things in life that we love. Not much fault can be found with us and our actions when love is the focus and anchor. From a position of focus and being anchored, now is a suitable time for us to let love drive our desire to do and to be. So many times, we slip into fear and allow lack to drive us. What is good and wholesome is to let the flame of love move us towards the objects of our affection and away from what ails us.

Let me be clearer and more specific. If you love your family, let it drive you to being more involved in their lives and available to their needs. If you love your career path, let it motivate you to excel and become the best that has ever performed the job. If you love to travel, let it drive you to explore and experience the wonders of the world so that you can come back and inspire others.

At the end of the day, love should move us to some type of action. The resulting action can promote wellness and wholeness for us and others. Wellness and wholeness have the ability to serve as a healing ointment that fends off the burdens and cares of life. When the stated happens, then and only then does the circle of life have a chance to manifest itself and hope can be shed abroad and in our hearts.

Are you ready to love like love is intended to be love? I am ready! Are you willing to let go of everything and every excuse that waters down the power of love in your life? I am ready to let things go!

Dr. Recco

Inside This Issue

>Dr. Recco's Corner

**>Article: Maximizing
The Unplanned**

**>Flyer: Our New
Counselors**

>Life Concepts

**>The Benefits Of The
Unplanned**

>How To Contact Us

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"Maximizing The Unplanned"

By Recco Santee Richardson, Ph.D., LPC

Recently during our weekly clinical supervision meeting, the topic was life and workplace balance. Dayna Jones, formerly of Saginaw, MI and current school counselor in Atlanta, GA, shared some gems on how to balance life and work. Below are some of the key life concepts I recall from her discussions and of course my narrative of them.

The Life Concepts

1). Begin With the End in Mind: It is healthy and wise to have a plan before we start the day. Failure to do so leaves us like a ship with no rudder for the voyage. Every day is a new day and has its own challenges and successes. To increase the likelihood of a productive day, as soon as we step out of bed, in our minds should be outcomes and anticipated ends goals. The stated should not stress us out and create undue pressure. Rather, they can promote and ensure intentionality on our part and easier transitions and maximize the unplanned and surprises.

2). Just Be: It does not take long for the gates of life to flood us with responsibilities, fears, distractions, the unexpected, and the kitchen sink. Panic and shutting down during such times present themselves as a good out, but they are not. Their goal is not to help us, but to further entangle and frustrate our day and intents. The key to managing the onslaught of daily duties, changes in plans, trusted people coming side-ways, and maximizing the unplanned, is to just be.

To just be means to maintain our character, accept the chaos as being part of the day, respond to things as we can, and give the situations time during the day to run their course. It also means to stay and live in the moment. The only thing we can control in life is our response to what happens. Maximizing our level of life control requires that we be at peace during storms, ponder our options, remain settled and content, rest upon our integrity, and speak without saying a word.

This Article Discusses

>Starting & Finishing

>The Moment

>Meal Time

>Resilience In Life

>Law Of Attraction

3). The Importance of Eating: Let's face it. We are all busy, do not get enough sleep, need more help, and most of the time do not eat healthily. High performing people like you and I have learned to press through tasks regardless of what little food we have eaten for the day. This cannot continue to happen if we desire to maximize the unplanned.

While all meals are important, the one that we can least afford to skip is lunch. For most of us, we eat breakfast before we leave home and have dinner after we get home from work. Listen! Home is not where we need the energy and stamina that fuels our brains and output. The workplace setting is where we and our bodies need the energy that food provides. The decisions to consistently not eat a meal (lunch) during the workday is a recipe for unplanned things to wear us down and release compassion fatigue that mirrors being burned out.

***"We struggle when
we don't eat."
Dr. Recco***

4). Shut Down the Day: With no doubt, shutting the day down properly is just as important as beginning the day with the end in mind. Even the best of us must bring the day to a halt and get ample rest for the next day. There are several ways to shut the day down, including managing our pace of activities during the day, taking short pauses in between tasks and phone calls, feeding and re-calibrating our soul and spirit every few hours, and avoiding taking work home. Let's talk about taking work home which is the elephant in the room.

I'm the first to admit that taking work home helped me achieve and advance in my career at a fast pace. Taking work home has its place in our work career. However, at some point, for the sake of our physical health and the well-being of our family members, we have to significantly decrease the amount of work that we take home. We must accept that a consistent 10-hour workday (8 hours at work and 2 hours at home) is unsustainable and not worth the sacrifice we think we are making.

The stated workday length (which applies to those who work full-time remotely from home) can leave us running on fumes, depending on grace, frustrating our

Welcome To Our Counseling Team!



Aereonna Pool, MSW, LLMSW

Aereonna is a Limited Licensed Social Worker. She demonstrates empathy and relatability skills that help her to connect with clients, while they develop independent personal resolution skills. Her approach to counseling is primarily strength-based therapy and cognitive behavioral approaches. Aereonna is a graduate of University of Michigan- Flint where she obtained her Bachelor's of Social Work. She also graduated from the University of Kentucky with a Master's of Social Work degree. Via individual counseling and group settings, she helps children, adolescents, young adults, families, and parents address behavioral issues, high stress situations, anxiety, depression, anger, and life skills.



Michelle "Shelly" Gleed, MS, LPC

Shelly is a Licensed Professional Counselor. She strives to offer an environment where clients feel safe sharing their personal journey, work on resolving problems, and accomplish their desired goals. Shelly's Master's Degree in Counseling from Spring Arbor University is supported by a Bachelor's Degree in Family Life Education from Spring Arbor University and an Associate's Degree in Child Development from Jackson Community College. Overall, Shelly has a combined 25 years of experience working with children, adolescents, and families in different capacities. She uses a variety of counseling techniques and believes every client has the solutions to their dilemmas within themselves.



Appointments

Individual/Family Counseling

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purpose, making excuses, having to do things twice, forgetting to do key tasks, delays in our cognitive skills, and much more. For these and other reasons, in a planned way that maximizes, we must shut down our day. Unfortunately, forced shutdowns such as our getting sick, seems to be the only thing that causes us to make a change in the schedule that we insist on having. It is smart for us to get to the point of believing that everything cannot be done in one day. When it benefits us, we have permission to purposefully neglect some tasks until tomorrow. Speaking of benefits, I have a few things to say.

The Benefits Of The Unplanned

From Dayna's thoughts, I walked away thinking about unplanned things in our lives that can be a benefit and the best thing that could have happened. There is value in discussing and seeking to maximize the benefits of the unplanned things that happen during the workday and in our personal lives. Below are some of the thoughts that I had.

***"Defeat is imminent
when we violate the
unplanned." Dr.
Recco***

1). Resilience & Resolve: After being brave, a team player, dependable, and courageous, there is a need for us to be resilient. Resilient is the ability to bounce back in the face of adversity. The presence of adversity, crisis, trauma, and pain at work and in our lives leaves us with few options. We can complain and quit, or we can show resilience and the ability to stand resolved in the face of temporary agitators and the unexpected. It really comes down to what we decide to do and how we decide to respond.

2). Cognitive Flexibility: The reap the benefits of unplanned meetings and demands, cognitive flexibility is required. It helps us process real time situations more clearly and encourages us to not take happenings personally. How we view what transpired must be perceived through justice, fate, providence, universal principles, and destiny. By doing so, we are released from having to control the outcomes, accepting crippling

blame, and becoming soul tied and associated with the situation's guilt, shame, confusion, temptations, and condemnation.

3). The Law of Attraction: As I sit here, I'm learning more that unplanned dilemmas and events sometimes come to abort the benefits ascribed to our lives. For all of us, who we are, and the quality state of our being can attract goodness and pleasant outcomes. When we respond adequately to the distastefulness of people and life's frailties, chance and opportunity are released in our direction.

Did you catch that? When the law of attraction is activated, we are in line for the things we worked so hard to have and enjoy. Some would say the stated is not fair. I would say that favor is not fair and the grace to stand in the greatness that comes our way is even less fair. The task at hand is for us to withstand daily nuisances and trivial predicaments, so that the attracted substances can be poured out and we have room in our lives, hearts, minds, and souls to receive it.

***"Attract What You
Want In Your Life."
Dr. Recco***

4). Make Better Decisions: When our plans for the day do not happen as we hoped, a back-up plan to the back-up plan can be utilized. What we surely cannot let happen is for us to be found guilty of not having a back-up plan. The successful and happy person knows the value of having a contingency plan that can be implemented at a moment's notice. Why is this important? Because well thought-out contingency and back-up plans are grounded in time-tested decision making that serve as preventive and protective factors.

These two factors serve as agents that lessen the blow, provide an escape, encourage exploration, and prevent us from caring about what people say about us. When we make the best decision possible, healthy not caring about what they say or think takes place. This is a tremendous benefit of maximizing the unplanned in that it delivers us from the opinions and fear of people.

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