

The Top 4 Reasons Midlifer's Get Stuck (and Holistic Keys for Moving Forward)



JourneyMapping®
Mindful Midlife Reinvention

1) You Don't Have a Clear Direction in Life

Do you find yourself “going through the motions” of your job or daily life but inside you're feeling flat, bored or restless? Might you be missing a sense of purpose, direction or the kind of enthusiasm that has you eager to get out of bed in the morning?

We go through significant changes in midlife, not only physiologically but what we want for ourselves changes too!

Some common themes in midlife:

- I'm tired of pushing and taking care of everyone besides myself.
- I feel stuck in a holding pattern with my body, diet and exercise routine.
- What to do about work? Can I really make changes now? What do I even really want?
- I long for something exciting that brings me alive and gives me a sense of purpose!
- I want new friends who excite me, grow me and invite me to fun activities.
- I'm tired of putting on any mask for others!

Yet, what we each need for balance and fulfillment will be unique and personal. Some of us have worked hard and yearn to wind down, while others are called to step-up in leadership and service. Some of us feel the pull to adventure and travel while others are called go on an inner quest of transformation and healing. This is a time in life to get clear about what you uniquely want and need and not get thrown off by what others are doing.

On top of this, our world is changing drastically and much of it is sad and disconcerting. This backdrop of uncertainty likely adds to your confusion and stress levels.

So, no surprise you don't have clear direction just now! Likely you stand at a crossroads: Your old life no longer feels like it fits, yet what you want or can realistically create for your future isn't yet clear.

Although this may seem daunting, there is an art to finding your way through and it can be a rewarding journey that brings you alive every step of the way!

Keys to Moving Forward:

- Let go of Timelines, Be Spacious – In the end you will save time by not prematurely making and implementing decisions that are quick fixes.
- Interim Solutions – If there's something pressing to tend to then find a short-term solution like getting a part-time job or temporary housing.
- Get the Structure and Support You Need (#4) - so you are engaging step-by-step on a journey of life reevaluation and reinvention.
- Shift from Mind to Experience - Follow your heart, intuition and flow. Experiment with new things, take small risks, be vulnerable and look inside. You'll know you're on track when you feel touched, alive, emotionally open and synchronicities start to happen.

2) You're Resisting your Changing Body

Early midlife begins anytime between ages 35-50. I call this stage *Turbulence* given it is uncomfortable physically and emotionally, unpredictable and often agitating. Our hormones and bodies are changing yet we are often caught off-guard, and in denial that we're moving to a new stage of life that represents aging.

Perimenopause, menopause and andropause are challenging transitions for most of us. It is said that the changes we go through are equal to that of puberty. Grey hairs and wrinkles increase, hairlines recede and hot flashes happen. Sleep is often challenging, our sex drive can tank and we get moody which affects our relationships.

Keys to Moving Forward:

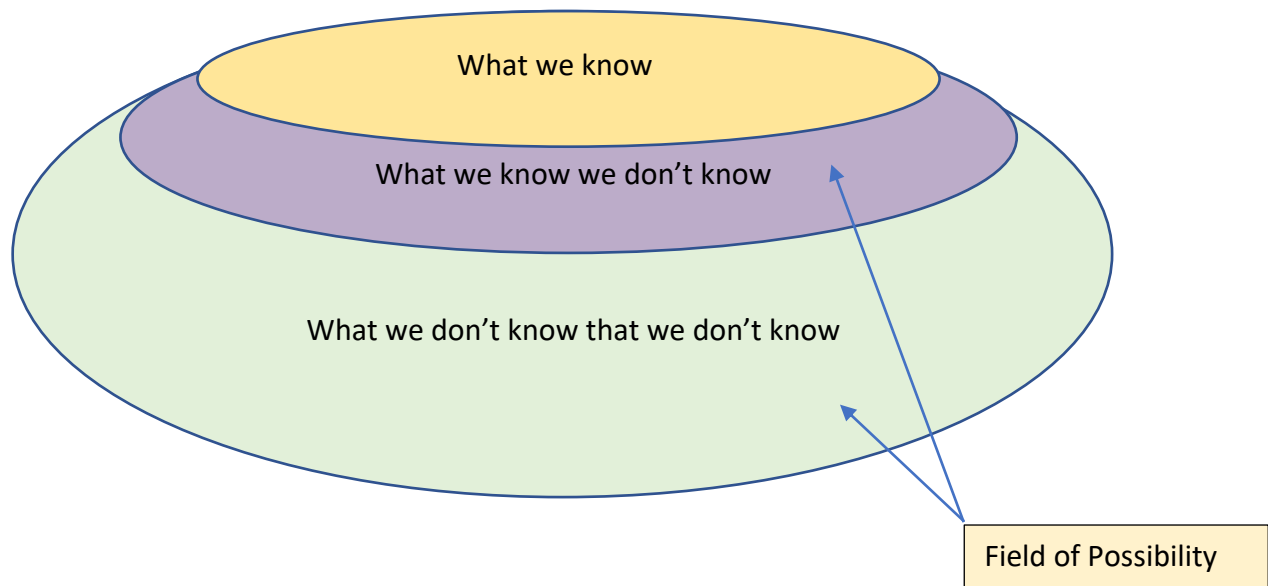
- Selfcare, Selfcare and Selfcare - Sometimes the most sane thing to do during the Turbulence phase of midlife is to pull back from the world (when you are able) and do things that are soothing to you whether it be yoga, reading a book or taking a walk.
- Support from Knowledgeable Holistic Practitioners - There are many herbs, supplements, dietary and lifestyle practices and healing modalities (like acupuncture) that can offer tremendous relief.
- Journal – Changing hormones can leave you feeling moody and vulnerable. It can be useful to unpack your deeper feelings through journaling. Explore the topic of aging and your personal feelings about it.

- The Turbulent stage is *NOT* an ideal time to make important life decisions! - Use discernment given heightened sensitivity and reactivity. It however can be a great time to dream and reimagine. Once your body and moods start to even out (and it will!) you'll be centered and clear to make wise choices about what's next.

3) You're Thinking Your Way to Solutions

If you're like me, when faced with a challenging problem my default mode is to go straight to my head! In our culture we tend to *think* our way to answers. Yet even our most brilliant ideas can limit us because they exist in the realm of what's known.

Consider the following diagram:



There is a huge "Field of Possibility" that lies outside of the walls of our minds. Yet human nature is to stay within the realm of what's known and familiar even when it's not working! This is especially true in midlife. Many of us feel tired and we've been disappointed or burnt in some way or other. It's natural to become shut down, callused, judgmental and risk adverse; the tendency is to "play it safe".

It may seem quicker to simply figure things out in your head yet we've had enough life experience to know that changing our outer circumstances, such as getting a new home, job or relationship does not necessarily make us happier. Einstein sums this up by saying "The definition of insanity is doing the same thing over and over and expecting different results."

So consider slowing down and quieting the voices in your head that operate from “what’s known”. Open your mind to the idea that there’s a huge Field of Possibility that represents new options in life and new levels of contentment.

Keys to Moving Forward:

- Shift from Mind to Experience – Shift mindset from seeking quick-fix solutions (thinking) to being on a journey of discovery. Help mind understand that it will be an emergent journey to find your way to new options in life.
- Consciously Connect with the Field of Possibility - Envision it as fertile, friendly, supportive and endlessly creative.
- Grounding Practices - to ease any fear or anxiety that comes with facing the unknown: meditation, hand on heart and belly, telling yourself “It’s going to be okay”, etc.
- Invite an Attitude of Adventure and Curiosity – “What’s next? I wonder where this journey will lead me?”
- Don’t Go it Alone! Get the structure and support you need to open new doors in life (#4)

4) You Don’t have the Right Support

Take a moment to think about your most meaningful accomplishments in life. Make it personal to you; breakthroughs that had you feeling proud of yourself even if no one else knew.

This could be anything from raising your kids, earning your degree or what it took to get through a challenging life passage such as depression, loss or an illness. Were there times you stood up for a cause, helped a friend or family member, or spearheaded a project in a way that made a difference?

Now step back and think about all the people and events that converged to make it possible for you to accomplish what you did. Chances are you didn’t do it alone. Likely you had mentors, family, friends, teachers, specialists and even kind strangers who contributed to the chain of events that made this success possible. Maybe you even had a cohort of peers who were on a parallel journey and supported you along the way.

Now consider the possibility that midlife represents a significant life-passage. A chance to shed your old skin and have a fresh start; A choice point where there is the opportunity to breakthrough to new truths and choices that can have you feeling powerful and in-harmony with yourself and how you live out the rest of your life.

The potential is exciting! Yet it will demand that you uncover and face whatever is holding you back while you also find your path forward. And like any significant accomplishments in your past, you're going to need a trusted team of both experts and peers who can personally help you through. Without the right kind of support there's a good chance you'll lower your bar for both your vision and outcomes.

Keys to Moving Forward:

- Support for Life Reevaluation and Reinvention – JourneyMapping®'s Framework and Community or a Life Coach can offer this kind of step-by-step support and accountability.
- Personal Support– Journal a wish-list: What kind of support do you need to thrive? Put a star next to the top 3 types of support you think could make the most difference. Choose the one that is easiest to implement and make it real. Build on your support base as you are able. The more support the better! Understand that personal friendships are usually slow to build. Possible kinds of support:
 - Life or Career direction support –JourneyMapping® Community, Career Coach, Life Coach
 - Emotional support – therapist, trauma healer, 12 Step, psychiatrist
 - Specialist- medical, financial, resume consultant
 - Alternative healing – bodywork, acupuncture, nutritionist
 - Body-mind practices and exercise – yoga, personal trainer, chi gong, meditation
 - Mentor – professional or business, spiritual,
 - Supportive partner
 - Friends & Community

Dear Fellow Midlifer,

Although midlife is undeniable challenging, I also view it as one of the most opportune times to realize meaningful life changes! This is because we tend to be more real with ourselves than ever before and we also bring hard earned wisdom to the table.

If you feel drawn to a fun, holistic and mindful approach to midlife reinvention you are in the right place!

You are invited to join us for our Free Launch Events May 30th-June 13th! The schedule and registration are posted here: <https://journeymapping.net/launch/>

If you could benefit from personalized support, know that I have a few openings in my Coaching Practice just now see <https://journeymapping.net/coaching/> to learn more.

Take Good Care of You!

Naraya