



## Episode Transcript – 009 – Resilience in the Unknown

### Introduction

Hi, this is Jenn Shallvey and welcome back to another episode of the Remembering to Be Me podcast. Today's episode, I have recorded more than once and I don't usually do this, but I have had so many things happening in life that it just didn't feel right. What I said the first time or the second time I've tried this. And so I stopped and I let myself sit with this and I thought, okay, am I going to put this out before the end of the year? And I thought, yes, because it's very relevant and because so much is happening in the world right now, I feel like even this little bit might be helpful to people. So I am releasing this podcast before the end of the year, and I'm sure you're busy with lots of things happening. I don't know where you live in this world, and I'm sure that you might be dealing with hectic times. There seems to be so much happening right now that our day to day lives are not normal anymore. So I'm putting this out there and I hope you find it useful and enjoy.

### Main podcast

Okay. Today's topic is the unknown, you and the unknown and how do you build resilience in times of uncertainty? I chose this topic because as I have been reading, watching, observing, feeling into what's happening in our world right now, I've noticed how it can be quite challenging. It can be scary. It can be de-stabilising. The word that encapsulates that for me is 'unknown' because we don't know what's going to happen and therefore it can be quite challenging. In that challenge it can trigger a need to even be safer or try and control things more. But I also feel that when there's an unknown, there's an opportunity and if we get past that part of us, which is the part that wants to respond to the fear, there is a chance to go in a new direction. There is an opportunity for a development or growth and so forth.

So I wanted to look at it from both those perspectives. Either way, I think it's important to look at how you relate to the concept and idea of unknown. So first think of the challenging side. We can focus too much on what we don't know. We can get lost in it and then it's all around us. Signals and triggers can then come from outside of us, which then really push us into a place where we go to others for information, we go to others for answers. And in doing that we lose a sense of ourself. And because it's a scary place for so many, we then end up doing what I would say is to surrender ourselves to whatever the trend is, whatever the influence of others might be. We get caught up in the other people's should's and what we should do, what we should say, what should we be and so forth. [inaudible]

I feel that's a response to the unknown that can be helpful sometimes when we're trying to cope with it, but in the long term it actually isn't healthy at all. And not knowing is for many a sense of being out of control and in losing that control we ended up feeling quite destabilised. That is a challenge and I think it's a very normal experience and sometimes we might have it only in certain circumstances and other times we tend to carry around this habit of responding that way. That's the challenging side.



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The upside, which there is, is when there is the fun side of the unknown. It's the whole exploring, discovering, finding new things. It's all about the opportunity. It's about something that we don't. No yet he's going to come into our world or our life or our experience, which will perhaps challenge us in a good way and push us to grow or develop or learn or even be a new person compared to who we were before. And I think this part when we can actually connect to it is the absolute, wonderfully amazing part of the unknown. We don't know. And I think of inventors or explorers, of people who've come up with ideas and said, I don't know, but when I get there, I'll figure something out. That kind of attitude of I'll keep trying, I'll persist that, I'm thinking that's part of what we're talking about here. And that can be a way that we all balance out the other default aspect of dealing with the unknown.

These are just two different sides. And so the first thing is you go here. What's an example of that? Well, a very trivial example. Trivial example might be you go to the restaurant and you order a meal and you have dinner, and it's really simple, right? Well, sometimes that's not so simple. You might go out with friends, you might not know where you're going, you might not like the food, you might have other issues. Maybe you need to control that.

So just take a moment to consider a simple, trivial example of a decision you need to make and how you might be on a spectrum of levels of control. So are you the person who looks up on Google and finds out what's on the menu and already has your meal ordered, knows exactly where you're going to sit at the table? Or are you the person who says, just tell me where I'm going and I'll see you at the time you tell me? Somewhere you're going to be in that spectrum. I feel that this example is a metaphor for how we are in all other aspects of our life. Because if we look at the balancing act between having a fear or challenge around the unknown versus the excitement, wonder, and opportunity of the unknown, the same thing applies.

So when you look at the that example, you're just thinking it's just dinner. But what if I go to a bigger example? Mmm. Well in my life on a personal level, I'm a parent and I've been one now for, oh gosh, 22 plus years I've been a parent and both of my children are now no longer children. They're adults. And if I consider the journey of being a parent, I think each stage is a learning how to deal with the unknown. The minute you are able to even consider the idea of being a parent because you either chose to or you maybe found out by accident, whatever you are going into a world that you do not know, all you can refer to are other examples because you have never had that before. And so it is a completely new experience. No matter what anybody tells you.

And each stage, each step you go through in that journey as a parent is an unknown journey step. So from the very beginning, you have to transition from, I am a person who doesn't have a dependent child in my life to I am a person with a dependent child and my life needs to change. How do I do that? These are all variables that we can't control. We can work with them the best way we can. So for me it's going back and thinking of big examples like that, so I don't know if you're a parent or you're not, it doesn't matter. Just think about the idea of complete difference between one form of living and then the other and how do you deal with that? That's one. And that those are just two that are personal in nature.



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If I go to business, well then I think of all the other examples like your job, we have this false sense that we are employed and that nothing will change in that environment. And based on my experience of having for many years coached people who have left their work or were required to leave their work, it is never a hundred percent certain that you will stay in your job and it could be a change that you initiate or it could be the change that somebody else initiates. But you go from a state of what you think is secure, known, predictable to one that's not and from my perspective, that is a real challenge for a lot of people.

And when it comes back to it, there's three examples that I've just given you where, the tendency is to want to go into control, whereas the difference is that we don't have to be in control all the time.

So now I want to look at the unknown from a really different perspective. And this may not seem like a natural place for you, but I want to look at it from the perspective of within to work from it within you as a new way of seeing the unknown.

What do you already know from yourself that is right, right for you? What do you know within you that helps you get to where you need to go in the future or today or tomorrow? That is a place of control. That is a place of ownership, that is a place of empowerment. And so the antidote to fear or uncertainty or the scariness of the unknown is to focus on what you do know. And this is more so in terms of yourself. So it's important in my view that you regroup, you regather and you get a sense of who you are in this world. And then you hold onto that and you choose to be that. And that helps you to move through, navigate the unknown. And why is that? Because I think that you reconnect to a part of yourself and you reshape who you are.

You're in a sense working with the unknown, which is exciting because as you experience it, you say, well, how am I in this experience? What do I need to do now? So I guarantee that you can define a time in your life where you are a different person than you are now. And if you go back to that older person, you can probably identify triggers or changes in your life that weren't known, that occurred and then shifted you in a whole new direction. And then I bet that if you go to a deeper level that you could see that it's about knowing you so well that you can hold true to you in these ups and downs.

So for example, when I mentioned the restaurant situation and I said, Oh, it's a trivial situation, you're just ordering dinner and going out to eat with some friends. Well it's actually more than that. If you go to the, within part you say, why am I going out with these people? I'm going out because I want to have fun. Why am I going out with them? Because I want to see them. And you dive into that as an experience and you hold that as an experience.

As a parent, the emotions can get to you. I don't know a single person in the world that I travel in that has not needed to regroup in terms of being a parent. You're never trained or taught how to do this. So when you encounter new experiences, then you need to adjust. And again, you become a new person. You evolve, you change, you're not the same person you are in the past and you go



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back and you say, well, what's my higher level reason or purpose or commitment to why I am being a parent? It's from within. And again, you're going through that process.

And if you go back to the work example, you go back and you say, well, who am I in this journey as a person in my career or my business? How am I travelling in that? Not what are the forces causing to me or creating in my life, but more so how am I responding, navigating, moving through this journey of being a person in my work. And you get a very different answer about the unknown when you actually choose that because you're going, oh, well what about that? That could be a possibility. I know it's still going to be scary, I'm saying, and go back to the initial point I made around balance. There's no perfection here. It's not like you can do the one thing perfect all the time. It's about coming back to you, regrouping, reconnecting to remember that there's an anchor within that's taking you forward, not somebody else that's pulling the string.

I see this so often where there's so much pressure on people to follow what other people say and do and we can get so caught up in that. And then we can be of different types of personalities where we want to please others or we feel we have an obligation or a loyalty or whatever it is. When it comes down to it, there's gotta be a bigger drive, a bigger source, a bigger sense of what's pulling you into that unknown.

So what is the answer? Well, in my view, I've got lots of ideas and one is probably not expected and that is to plan. I say anticipate, consider what if, and then how would you deal with the, what if I know you can probably approach the planning idea with lots of different terminology and technical terms. I mean, map out a scenario or do a risk assessment and things like that. I don't want to go down that path in this podcast. This is about intuition and practicality and bringing that together. So on a practical sense, I think the one thing you can do in terms of navigating the unknown is to have plans or at least have some map of where you feel you're going. And that's your own journey, not somebody else's.

But we know that even though you have a plan and you can be looking at things from a certain perspective, it can go awry, can't it? So you can over plan, you can over stress you can over worry and the planning can become the problem and it becomes what actually gets in the way. And that's the challenge. And it's also in a sense, the planning is less about the emotion and more about the thinking that gives you a sense of preparation. There are skills that you know and how then you can use those in the unknown.

And I believe this helps. It gives you that sense of what feels right for you when you're planning though. It's not about taking some worksheet off and saying, have I done this or did I follow the five steps that someone gave me? It's still actually from my perspective led by your intuition. You have to consider yourself when you make your plan so you gather the data, you gather the information, you gather the knowledge, but you still filter that through your sense and your knowing. So it still comes through you for you. And this makes I think any plan that comes out a unique plan for you. So you might see somebody writing a book or telling you something on a video and you'll go, oh, I'm going to do what they do, but that works for them. Their tips and techniques will probably give you great



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ideas and you take something and borrow that and try that and then you adapt it for you. That to me is working with the unknown in a sense of planning.

Another aspect would be that you're informed and enhanced through your education and expertise of others. I think that we all have learned or are learning from people who have been where we want to go. So mentors and others who can pass on knowledge and experience. But I also think that there's a value in our own trial and error in the experiencing success of failure. And that becomes inherent to who we are. So again, that's a response to the plan. It's a way that makes it unique for us.

So the unknown from my observation does not rear it's friendly head. When you're in a routine, it tends to come up when you're in a transition and this is the sudden change or an incident triggered or something has kind of gone to a tipping point. And the key is is that you hit this moment and you realise you're facing a situation without all the answers. And it's in these times of transition where the unknown is something that you can't plan for, you can't navigate through with the, Hey, these are the seven steps now that I'm going to follow. You have to work with your intuition, you have to work with your own sense of self to navigate that.

So you might even be in a transition right now and just consider that right now in your life, in your work. However, I just look at the whole person. So in your life and work together, you as a person, what are you actually dealing with right now? What transition are you going through? And there's so many that I won't list them because they can be anything from a personal one to a work one, but you may feel frustrated and struggling with that right now.

And so without referencing to that, that specific situation, I want you to consider your transition in generic terms. And this is helping you begin to create some sort of internal way that works for you to find your own way. And look at it from that internal sense rather than externally. So ask yourself questions like, so who am I in all this change that I'm going through or seeing or experiencing? Who am I or how do I stay true to myself? I even know what that looks like. And as you consider these questions, you may also realise that there is no one off action that you can take in response. It's a continual journey. It's something that's shaping who you are internally and externally. So what you're doing is you're trying things on inside through your reflection, through your process, through that questioning and then you are practising expressing that on the outside through your actions, through the interactions with others and you get the experiences and then you get to recycle that and learn. That's why we are human beings because we have these experiences and we can reflect on them. So from that point of view, your transition is almost like a teaching moment, isn't it?

That is the essence of my approach to dealing with the unknown is that it is about working with your known from within in your own way. So let me give you some more questions and I'll put a worksheet together that allows you to take this away and work with this in a journal or something like that. But I want to ask you a few questions. How do you work with the known in the face of unknown and uncertainty and lack of control? How do you have a relationship with yourself? How do you get a sense of yourself and the you that you meet with you every day from from different



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perspectives? How do you know that person? What ways do you use to navigate the unknown? What have you noticed already about your approach? What works and what doesn't work?

There are multiple ways to approach finding your own way in dealing with the unknown. There's formal methods. There's informal method. You can do this by yourself. You can actually get help from others. You can dialogue or reflect. It is not a selfish thing to do. It is a magnanimous gesture. It is something that you do that brings the better part of you out so that you can be with others. Making that difference. I want you to keep thinking about that in terms of how do I do the best I can in this and it may not be that you even down and ask all these questions. It may just be paying attention to how you deal with the unknown when you encounter it, but the most important thing is that your world is your world. It is how you see it. It is not my, I can't impose on you anything from mine and likewise, I don't believe anybody else can either. The circumstances that you're in are unique to you, they're personal. Therefore your experience is personal. Therefore, the uncertainty in the unknown that you encounter on your path is going to be very different from me.

And so there's another aspect of this that helps you deal with this in a more resilient way and is that there may not be something you can do even though you may see other people able to do this. Then think about also a sense of it's not somebody else doing something to me, it's me having this experience in response to that. So when things happen, how do you respond? When you start to go down that path of questioning and building up a way that works for you, it gives you power, it gives you power back to say, well, I am this person and this is how I am going to deal with it and we're all different in the way we do that and watch out for this because I notice that it's so easy, oh gosh, it's so easy for other people to judge you for that choice. It's so easy, easy for others to tell you how they think you should do something and therefore facing the unknown. One of the challenges actually might be just even accepting your own way is okay.

So I'd say that would be a big thing to think about. So go back into your reflection and ask these questions to yourself. When you're in the unknown, you really turn to yourself and ask, reframe, reconsider the way you're operating within yourself in terms of what you do and don't know what you can and cannot control. The kind of day to day moment type of questions. Can be things like what feels right for me right now as opposed to do I know how to deal with this or do I know all the answers? Then how do you place yourself in this situation? How do you choose to respond to the circumstances? How do you engage? How do you hold yourself? How do you see and from this place that you're in, what is coming forward towards you?

This is reflection 101 with some questions. That's what I'd say this is. But you can go deeper. And I feel that with the work I've done with lots of people, I do feel that when you're ready, you'll know and that going deeper gives you even a greater outcome. So I would explore methods. You know, there's lots of tools out there. There's techniques from various people. I would look at the self care techniques that you might be able to grab onto that might help you to stay within in terms of your focus for how you deal with the unknown. For some people it might just be they need to physically go on exercise and they clear their head and then they are free of whatever it is that's getting in the way of them airing their own senses. For others it might be that you meditate and reflect and record



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in a journal. Somebody else might need a conversation with a good close friend who will not judge. But we'll openly discuss with you how your processing the situation. And for others it might be that you need formal support and only you can decide whether you need that and then you need to figure out what's right for you. For me, I think it's a range of help. It could be something as simple as going out and just getting a few sessions with a coach that you know, or a mentor or it might be that you actually go into something that's deeper, like a therapy session process. I mean, you only know yourself and is right for you.

But the key thing here is that you are discerning and clear about what supports you and what doesn't and who are the people in your life that do and who don't. And this applies to work. It applies to any of your personal life. It applies to family plus everything. And again, you keep the hearing the theme here and that is there are different ways of handling how we face the unknown and what you actually did for the last situation may not apply for the new situation. I think that's really important, but at the most basic basic level the essence of all of this is that if you know you and if you know what is right for you and what is not right for you in this moment, then I think you're able to be more resilient in the face of the unknown. And then if you can go to that next step, which is self-acceptance, then you can allow yourself to continually change and evolve and then you learn and grow and it becomes about that and less about the pursuit of perfection or excuses or following other people all the time.

The thought I had today was to really just share some ideas around the concept of the unknown and I'll close this topic off with just another way that I saw the word and when I looked at it, I looked at the word unknown and then I thought of all the iterations of that. And if you take the 'un' away, then it's actually 'known' and there's such a nice play with that we are unknowing old ways and reknowing new ways. So if you think about it, dealing with the future, dealing with uncertainty, dealing with change, all these things that are going on in your life and your work well, play with the different aspects of what you know and what you don't know and learn how to be okay with wherever you're at in that situation.

So having listened to this podcast today, I'd like to invite you to reflect more and keep asking yourself questions. Really just keep delving into these questions and I'm going to give you even a few more because I just feel like we're in that time of year where we can really benefit from asking these questions.

But ask, how do you want to know in the face of the unknown? Are you the person who wants to know the menu before you go to the restaurant or are you the one who wants to be surprised when you get there? Do you want to play with both ends of that spectrum? Are you in the middle?

What one thing can you do starting today that will help you deal with your response or your reaction to what is unknown? One thing. Then if you find that one thing, can you practise it, try it, play with it, see how you go. That's all just one thing and how do you manage that within you and do what's right for you.



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And here's the big clincher for me, is it then when you do all of this, how are you better placed and better able to be with others, to serve others, to help others, and to be part of your world? Because I guarantee that the ultimate best thing about getting resilient around the unknown is that you will be able to contribute and do your bit in the world a lot differently, a lot better than if you don't, and even so it only matters to you, doesn't it? Because it's your world.

So when you ever think about the unknown and you want to bring it back to a way where you feel resilient and that you can face it, go from within, be as close as you can to be clear about you and let that be your guide.

I have this sense in me that to end this podcast, I need to do something different and what I'm really feeling is a need for a practise of some sort that you can take away that will be a grounding, a centering, and a loving practise that allows you to keep remembering to go within whenever you face the unknown. As I'm even sitting here right now, the way that I am actually responding even to this myself is to close my eyes. And I've put my hands over my heart. And as I sit here with my hands over my heart, I am really aware of my breath and I'm noticing my heart beating and my breath filling my lungs and then being expelled again. Even while I'm talking, I am aware of this right now. And it's not a meditation, but it is a sense of being in me physically, here, present that reminds me that I'm okay right now. And from this I can ask these questions and reflect on how it is that I feel in navigating the unknown.

So just take a moment in your own way to find a little practise like that, that brings you back to centre, that allows you to pause, to calm yourself down and to just sit with you in a place that is your space, that is calming, supportive, loving, nurturing and real for you. So I'm encouraging you to do that. I'm encouraging you to on all the questions I've put in this podcast is episode. And what I'm going to do is some sort of worksheet that I'll put on the episode show notes that you can download should that be something that you actually really need and you can also get the transcript for this episode at that point as well.

So that's enough for now. I wish you well for the end of this year. I wish you well in your time working through whatever's happening in your life and I wish you an amazingly, beautiful, clear, positive start to the next year and the next decade. So I'm sending you lots of love and lots of support and lots of kindness and I really am because I really believe that it's out there and if I can send them out to you, maybe you'll feel that and maybe you can send some out as well because I know we all could benefit from that right now. So from my heart to yours, I wish you well.

### Closing

Thank you for listening to another episode of the remembering to be me podcast and I really appreciate you being part of this group and this audience. It is a pleasure to be recording this and putting it out there for you. Today's episode is one that I hope will set you up for the new year and give you some ideas of how to face the unknown.





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The way to further reflect on this would be to go to the show notes on my website, which is [jennshallvey.com](http://jennshallvey.com) And there you just have to go to the podcast page and you'll find the notes there. And you also can find on the website other information about mentoring services that I'm offering and I am offering some new options for the new year, and if you're interested, you're more than welcome to inquire, contact me however that feels right.

Also, I welcome you to follow me on Instagram because I am just beginning to get more active in that and I really feel a pull to doing that even more so in the new year. So if you want to connect on social then feel free to do that.

And the last way to connect is by the newsletter, which I am back writing and another issue will come out, hopefully the end of this month. If not, it will be a December, January issue. So I look forward to connecting with you in some way and have a fantastic day.

Oh. And by the way, one more thing I usually say and I want you to remember to say is when you're ever stuck and you don't know what to do, just say these words to yourself, Be me, and when I forget, remember to be me.