



ARCH Support

Getting Over the Hump
Getting Through a Slump
Flattening the Curve

Wednesday's Tip Sheet: Steps pros took to get through a challenging time in life.

FEATURED PRO: *Pat McGovern, Director, Ascedia* - A fully integrated digital consultancy.

TELL US ABOUT A CHALLENGING PROJECT OR DIFFICULT TIME IN YOUR LIFE:

Any time in the digital creative industry is pretty wild - but never more so than now.

*“When things are out of balance,
peace of mind is found by helping
other people.”*

HOW DO YOU GET THROUGH THESE TOUGH TIMES?

I've always loved writing. Not only is it part of my career but it is an avenue to connect with people. So, I get through tough times by reaching out to other people and helping them through that creative writing passion. And when I help, it's most often for the personal connection not for pay. That feeds the energy in my DNA.

For example, earlier this year I touched base with an acquaintance I worked with years ago. We've been in contact with each other off and on since then. He recently started his own painting business on the East Coast.

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I pulled up his LinkedIn profile and found room for improvement. I offered to help since writing is my area of expertise and he's never gotten into it. The result has been positive for him and I'm energized by having supported him.

KEY TAKEAWAY:

When things are out of balance, peace of mind is found by helping other people.

QUOTE: *“Those who are happiest are those who do the most for others.”*

Booker T. Washington, [Up From Slavery](#)