



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.

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TELL US ABOUT A DIFFICULT TIME IN YOUR LIFE:

When I was a lunchroom lady. It was to earn extra money during the recession and help establish a healthy place for some kids who didn't get enough to eat at home. The coworkers were amazing, hard working women. But the kids...

Particularly middle school mean girls. They would purposely roll peas off their trays onto the floor and laugh when I crawled underneath to gather them up, 'accidentally' rolling more peas to "plink – plink – plink" off my head and back. *Flashback 7th grade.*

A positive alternative to 'pea bombs' in my hairnet!

Or, they'd refuse food we were required to put on their plates (more peas...). When we spooned the lip-curl /eyeroll-producing veggie into the little lunch tray square, they'd promptly march to the garbage can and flip them in. On the plus side, I began to see this waste as a positive alternative to pea-bombs in my hairnet!

I've always wanted to create a blog called "Under the Hairnet" in honor of that terrible time.

HOW DID YOU GET THROUGH IT?

Somedays were a gag-induced challenge. Particularly cleaning a pool of stomach-flu puddle...again, the peas!

The days that helped me through were dumpster-diving for a tearful fourth-grader's new eyeglasses. He'd be wailing, "My mom's gonna' kill me!" I'd pop up triumphant with a loud, "FOUND IT!" His smile and hugs were undeterred by the wilted lettuce leaves stuck to my apron.

Or, seeing one of those mean girls sit next to a new kid eating all alone. Or hug her little brother when the glasses he accidentally threw away with his lunch were magically found.

KEY TAKEAWAY:

The hardest challenges were:

- Realizing I still had issues carried over from middle school about wanting to be liked by the cool girls.
- When my pride was dinged. It's just pride – not life or death!

We measure our experiences with the worst that can or has happened. It can color our whole perspective if that's all we dwell on. Feeding others isn't always pretty... but it is *fulfilling* with an attitude adjustment.

FAVORITE QUOTE: "*It was pride that changed angels into devils; it is humility that makes men as angels.*" St. Augustine

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