



# 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:**

The 2008 recession slammed our start-up business. My dad had just died and at his funeral, the eulogy included his pride in my eight older siblings' lives followed by his concern for me (as the youngest) and our business. I was shocked. I thought he was proud!

## **HOW DID YOU GET THROUGH IT?**

First, I cried.

Then, I swallowed my pride.

Finally, I asked for help from others to help get through. They helped me find outside jobs to help financially get us through the slump including:

- a College Guidance Advisor (a favorite job)
- a Lunchroom Lady (a horrible job...but helped pay the bills)
- and a Night Watchman (oh the secrets learned)!

(Side note: Someday, I want to write a book called "*Under the Hairnet: Scary Stories of a Lunchroom Lady.*" Alternate title "*Ode to Chlorine Bleach.*")

**KEY TAKEAWAY:** Grieve. Swallow your pride. Ask for help.

**FAVORITE QUOTE:** "*Fear knocked, faith answered. No one was there.*"