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Handling Adversity

Have you ever worked really hard at losing weight or lowering your blood pressure or cholesterol and not gotten the results you wanted? The scale didn't move. Your blood pressure stayed where it was or even went up. The blood tests showed that eating what seemed like twigs and berries didn't budge your cholesterol like you thought it would. What happens next decides whether you move toward good health or away from it. If you mentally throw in the towel, you're done.

It's okay to have a bad day now and then; throw a tantrum if that makes you feel better, or even eat something totally off limits. But if you mentally say, "What's the use?"—it's already over. Sometimes you don't really say the words, but your actions start you back down the path to where you began.

On the other hand, if you examine what you did, you might find that maybe you really didn't do as well as you thought you did. Did you really reduce your fat intake consistently or did you just skip the mayonnaise on a sandwich once? Did you really exercise six days a week or was it really more like three?

Here's the thing: how you respond to adversity is going to be a big factor in whether you achieve your health goals or not. Get your head in the game and tell yourself it all rides on one thing:

What are you prepared to do today?

Dr. Chet

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