

# *Crisis or Caring*

*“Life is a journey to be experienced, not a problem to be solved” – Pooh*

*According to Wikipedia “a Mid\*life Crisis is a transition of identity and self-confidence that can occur in middle-aged individuals, typically 45 to 64/65 years old. The phenomenon is described as a psychological crisis brought about by events that highlight a person’s growing age, inevitable mortality, and possible lack of accomplishments in life.*

*This may produce feelings of intense depression, remorse and high levels of anxiety; or the desire to achieve youthfulness, make drastic changes to their current lifestyle, or change past decisions or events.*

*” The definition continues but it is more of the same. I then checked the definition of a Mid\*life Crisis from Oxford Languages it simply said. “Noun: Mid-life Crisis an emotional crisis of identity and self-confidence that can occur in early middle age.” I decided to check one more source. Merriam-Webster said “Mid\*life crisis is a period of emotional*

*turmoil in middle age, characterized especially by a strong desire for change."*

*Now that I have consulted 3 very reputable sources for the definition of Mid\*life Crisis, I asked, what are the signs of Mid\*life Crisis. Here are a few signs that seem consistent with the various sources that I checked.*

### *Emotional Cycle Change*

*Nostalgia – looking back instead of being present*

*Restlessness & Daydreaming – Ruminating over past opportunities*

*Feeling a lack of confidence, Feeling anxious and unpredictable action. Restless Sleep, Feeling of discontentment /overeating from stress or boredom.*

*Changes in ambition – feeling motivated to make changes in your life or an attempt to correct what you may be perceiving as “bad past decisions” or a lack of motivation Feeling that it’s now too late to make a change and do nothing.*

*There were more signs and symptoms, but I think you get the flow of thinking here.*

*Now don't get me wrong I believe some people including myself have or will suffer from some of these symptoms from time to time and in fact I am certain that if we look back on the past 40, 50, 60, 70, 80+ years we can identify a time we felt one or more of these symptoms.*

*The symptoms are real no doubt. If we look back and see that we have experienced some or most of these symptoms, why are the same symptoms now called a Mid\*life Crisis?*

*We go through emotional cycles when we become a teenager, I am sure that can be validated by asking the correct family members. It changed again when we went off to college or entered the work force, then again when we truly became an adult and discovered the price of living on our own.*

*Then there's Nostalgia- hmmm! I remember in college I would sit with my RA; I did not go home on weekends. We talked about boyfriends we left behind and crazy things that happened in HS or the summer after graduation. Our favorite song, first kiss.*

*These conversations will continue after college, when you are sitting in your first apartment that you share with another new adult now understanding rent, electric and food bills, first adult loves and losses.*

*Do you feel memories starting to resurface? Of course you do. It's ok we all remember yesterday. Should remembering, be classified as a crisis or can it simply be reflection, maybe even reflection to assist you with moving forward.*

*The difference is at this time in your life you may also feel a lack of confidence because you are not sure about your current job or if you can handle the promotion or if you should make the move to Europe or marry the man who proposed. You have more responsibilities now.*

*Others may depend on you. You now have more skin in the game as they say so your decisions carry much more weight. You become anxious and sometimes take unpredictable actions. I ask again, Crises or just Life.*

*When was the last time someone said. "I know you like a book" or "You're so predictable", "I can't believe you did that" or the famous "That's not you". These are phrases that are used to put us back in our place the safe zone. To keep us from crossing the line of change. They are words spoken to us in our work environment and by our loved ones.*

*As for the change in ambition. Looking at the past and questioning yourself "Did I make a bad decision?" Maybe a job loss or you realize the need for change, and you are ready to act. Claim the uncertainty of all your decisions being the right ones. The only real failed chances are the ones you did not take.*

*Search your heart lean on what you have learned in the past years the good and bad. Then make the changes or do the thing or, grant yourself the wish you have been longing for. Life is full of opportunities and challenges.*

*It's up to us to make things happen it's up to us to know when the time is right for the retreat and the forge ahead. Embrace new ideas and today's technologies that enhance who you are or who you*

*want to be. It's never too late means, regardless of age.*

*The top 5 stressful life events are:*

*Death of a loved one*

*Divorce*

*Moving*

*Major Illness or Injury*

*Job Loss*

*These 5 stressors have been the same for the past 20yrs. Why? Because they affect us all. They are not subject to race, gender or time. So why should our actions be.*

*Keep the things that matter to you alive like, Family, Friends, Work, Traditions, Peace, Health, Kindness to Others, your Faith. Reaching out for help to get back on track is essential if you need to.*

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*We humans are here now for the long haul. We are Living longer enjoying more and doing more. If you are not embracing it, you are losing it.*

*Following the cattle to pasture because others think you should, is a disservice to your life and to your business. We are put on this earth to not just be more but to do more. To leave even a small portion of this world a better place. For the next generation.*

*Life is a journey, it's full of crisis and joy, love and peace. Continue to care, your symptoms are not dictated by your age but by this thing we call...Life.*

*BeLinda Pressley  
Promise Pen*