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Gail Miller – The Power of And

I've had my entire life planned out since the moment I can remember – and everything happened exactly as I imagined it would. *SMILE*

Said no one EVER.

For many of us, our past and present look different than we had envisioned.

Life takes us all for an unexpected ride. We go through struggles and setbacks. We face gut-wrenching challenges. Everyone deals with some type of loss: a new life path, a relationship loss, illness, divorce, death.

But how we face the challenges is within our control.

I'm Gail Miller. I'm a trauma-informed life coach and a doctor. I help people navigate the challenges thrown their way and discover new pathways to joy. I help people take life's curveballs and throw it back out!

Growing up, I wanted to have a baby. As a little girl, I'd play with my doll and pretend I was its mom. As an adult, I envisioned having morning sickness and shopping for little onesies.

But that's not the way life turned out. Between fertility issues and a later in life marriage, I had to accept I'd be childless not by choice.

That journey was excruciatingly painful for me. I've had to redefine what a satisfying and joyful life is.

My own experiences – my coaching work and my medical work with high-risk pregnancies which remind me of my unfulfilled potential future as a mom – have allowed me to embrace the power of "AND."

The "AND" is such a small word. We use it to connect ideas together, without even thinking about it.

But when handling losses and deep disappointments in life, we need the “AND.”

The “AND” means we can handle different - even opposing - feelings at the same time.

You can feel sadness AND joy. Yes - at the very same time.

You can grieve the life you thought you’d have - AND experience beauty in a new future.

You can be disappointed and feel grateful.

Those of us who’ve gone through trials know that society focuses on the “OR” - which forces you to choose one thing over another.

But it’s the “AND” that helps us heal fully.

In fact, pushing away or avoiding negative emotions can lead to anxiety and depression.

The 3 steps to embrace the “AND” are:

1: Separate your circumstances from your thoughts about your circumstances

GFX: Separate your thoughts from your circumstances

2: Accepting that your emotions people consider negative are actually important for your emotional wellbeing

GFX: Negative emotions are important

3: When you experience a loss, acknowledge that it is a loss. Don’t compare to other people’s situations.

GFX: Acknowledge your loss.

Making space for joy and fulfillment AND working through pain and tough emotions is possible.

It’s not easy! And it’s not quick! *SMILE* But it IS possible.

No matter what your mother, or your best friend, or your boss, or social media tells you…

Don’t give yourself a timeline to be “okay.”

Give yourself grace and space.

Reframe your dreams and find purpose in new things.

Embrace your “AND.”

YOU hold the power of AND. What will you do with it?