

This Is All I Can Do Today
By Constance Williams

Today is frightening. I do not know what to do. Staying in bed feels like the safest thing and yet I know I should get up and do something.

Last week, I received a notice from my landlord that she wishes to sell the home I live in. The home I made for me and my three children. I have been here three years, paid the rent on time and I have no where to go. My children are in school and I work everyday. How can I find the time to find another place, a place I can afford to rent in Denver? Rents have skyrocketed but my salary has not kept up. I have to move out at the end of this month, in 30 days. What can I do?

I haven't told my children. I don't want them to see the worry in my eyes or sense the anxiety in my soul. This is almost too much to bear. I must fight this feeling. I must get up. I can't. I feel trapped. I feel cornered.

Take a deep breath. Relax. What were those steps for avoiding depression? Embrace my situation. Accept it. OK. I need to find a place to live and I have 30 days to do it. I am afraid. Don't be too hard on myself. OK. Make a plan. Ok. I'll make a schedule tomorrow of all the things I need to do to get us into a new place. Today, I will remember that this challenge is merely an opportunity....OK. Write what I am feeling, everything that is going on in my head. OK. That is what I am doing now. It helps to get things out of my head and on paper.

Today, I will get up and get the kids ready for school. I will call in that I will not be at work today. OK. Acknowledge that I am doing the best I can at this moment. This is all I can do today. Tomorrow I will be stronger.