



KARYN SHANKS MD

*Heart, Hope, Healing*

# How to Survive Storms, Pandemics, and, Well, *Everything*.

BY KARYN SHANKS MD | AUGUST 20, 2020



Here we all are.

Global pandemic with no end in sight.

School, no school, or home school?

Working from home, not working, where will the money come from?

Racial injustice come-to-Jesus right now. Educating ourselves to step up best we can.

Inland hurricane. Trees down, roofs crashed, crops ruined. Lives upended here in Iowa.

And this is only part of the chaos and uncertainty in our lives, isn't it? (Tell me about it—me too!)

It's not the first time in history foundational structures (you know—roofs, barns, leadership,

the economy, caste systems, our personal safety, to name just a few!) have come crashing down around us (and *in* us).

But it's *our* turn now. How will we answer our call?

First—and *this is so critical*—we have to see all the events of the past year *as a call*. Not a series of random calamities, not bad luck, not cruel misfortune.

For all this, we grieve, suffer, and bellow out our frustration. As we must!

But then, rather than get fixed in our grief, suffering, and frustration, we answer our call. Because in the end, folks, *healing our lives is in our own hands*.

## Where do we start?

### We soothe and settle.

*I breathe. I soften. I stay curious. I am not the chaos in my life. I am the observer. I am the healer. I trust myself to know what to do next.*

### We take necessary action.

*I go to safety. I protect myself and those I love. I call in the help I need.*

### We take the very best care of ourselves and our bodies.

*I nourish myself with good food. I rest and sleep. I connect with those I love and who love me. I move my beautiful body. I walk in Nature. And I continue to soothe and settle: I breathe, soften, and stay curious.*

### Finally, we do the next very best thing we can.

*In this moment I do my best. In this moment I am present. In this moment I recall my power. In this moment I radiate my love into the world. In this moment I radiate my love to me. In this moment I stack the wood. In this moment I prepare the food. In this moment I do my next best thing (without judgment, blame, or shame).*

This is how we survive storms, pandemics, and, well, *everything*.

How can I help you answer your call?

# Resources

Karyn Shanks MD. [Soothe and Settle](#). 2020.

Karyn Shanks MD. [We are Unbroken](#). 2020.

Karyn Shanks MD. [Our Call for a New Healing Paradigm](#). 2020.

## KARYN SHANKS MD

Karyn Shanks, MD, is a physician who lives and practices in Iowa City. Her work is inspired by the science of Functional Medicine, body-mind principles, and wisdom gleaned from the transformational journeys of thousands of clients over her twenty-five-year career. Her work honors each individual and the power of their stories, their inner wisdom, and innate healing potential. She believes that the bones of healing are in what we do for ourselves. She is the author of *Liftoff*, a manual of energy recovery and healing through essential self-care practices.

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