

## Transcript of Video: “How To Hold The Big Stuff” © 2017 Arianna Gray

“In this short video you’re going to get a way to stay **Grounded** and **Strong** and **Loving** when you’re working with clients, and NOT lose yourself in their stories, or YOUR OWN fears.

Hi, I’m Arianna Gray, creator of the Counselor Burnout Cure: Simple Secrets for Blocking Burnout.

So the day came, many years ago, when I finally got the phone call. I was working as an in-home hospice counselor and had been supporting a husband and wife who were deeply in love, and deeply in grief, as they faced her death from cancer. I had sat with them at her bedside as she failed, and he turned to me with tears in his eyes and asked “how do people DO this??” Together we had talked about their love, their marriage, and even—amazingly—their thoughts about both his and her life after her passing. They were an amazing couple. And they continued to be open with each other, and with me, through the months and months that she struggled to stay with him. It was an honor to know them.

So that morning I got the call from the office that she had passed away in the night. As I turned my car to get to their home, I wondered how I, a mere 41 years old and single, was going to offer anything of value to this 72 year old man who had just lost his long-time wife and the love of his life.

I rang the bell and he opened the door. He fell into my arms, sobbing. In that moment I looked out their huge picture window, looking across the valley and at the mountains beyond. And in that instant I silently asked that mountain to give me strength. To give me grounding and enough love to hold all of his grief for that moment, and to put aside all of my own smallness.

And do you know what happened?

The strength came. He clung to me, and I (in my heart) clung to that mountain. And we were all held. I was enough. He was enough. And the world was able to move on.

I’ll never forget that moment.

And one of the most important things it taught me was that Nature and Beauty can **Ground** me and give me **Strength** and **Love** beyond my own, when I need it for my clients.

This was so clear to me that when I started my private practice I had a picture window put in, so that I could look out and see the sky, the clouds, and the trees. I did it because it was beautiful. And I did it because I knew I NEEDED those things to be there in case my client’s needed more of me than I had in any particular moment.

So when I'm in a session and feel myself mentally drifting, or insecure about my skills, or even just plain old scared by what they are sharing, I can glance out the window—for just a moment—and truly connect with Nature and with Beauty, and it brings me back to myself, to my client, and to a **grounded strength** and **love** beyond what I had the moment before.

Since then I've found other little "touch stones" that I use for this: a small statue, an actual stone, a plant, that are in my office and serve this same function.

My invitation to you is to consider this possible source of **grounding** and **strength and Love** in your own life. What brings you joy? What makes you feel grounded and strong? What makes you feel love? What connects you to the Divine? It can even be something as small and portable as a ring, that you could wear, and look to when you need that extra boost of grounding and strength and love.

You really are not alone in that session. There is a world of support available to you. So go ahead and make it **INTENTIONAL**. Find or identify something you can see—in your office, thru the window, or on yourself—that connects you to your **grounding, strength, and love**. And then use it. Give yourself your OWN picture window.

And let me know what you come up with. Please leave a comment below to inspire others in our Tribe. Do you have a touchstone? A memory? What is it?

If you're watching this video anywhere other than [AriannaGray.com](http://AriannaGray.com) come on over and opt-in to get more FREE Simple Secrets for Blocking Burnout as well as the inside track to upcoming **Inspiration and Renewal events** for our Tribe of counselors and helping professionals. Remember: You ARE making a difference.