

Getting Out Of The Bed



Dr. Whitney Gillespie

Getting Out The Bed

Dr. Whitney Gillespie

Acknowledgements

I am truly grateful to my community of supporters and motivational mentors. I am truly grateful for my sounding board, Ms. Tsyeba Johnson. These last two books are definitely the product of our creative sessions. As always, you motivate me to reach new levels of creativity. Thank you for being in my corner. Regardless of the role you played in my life, I am grateful to everyone. Thank you!

Dedication

I dedicate this book to everyone
struggling to get and stay out of the bed. You
can do it!

Table of Contents

- I. Too Many Pillows
- II. Change the Sheets
- III. Smoke Break
- IV. Adversity to Tune Up Your Soul
- V. Mental vs. Physical Tiredness
- VI. Mental Clarity Detox
- VII. Experience Builds Resume

Too Many Pillows

“Too many pillows” is a phrase everyone can identify with. Have you ever laid up in bed surrounded by comfortable pillows? It’s as if you are surrounded by a fort of comfort. You lay down and get so caught up in the comfort of the pillows and bed. You tell yourself just a few more minutes which leads to maybe another hour or more.

This section uses the analogy of too many pillows to coincide with life. We get so comfortable with the pillows of life that we find excuses as to why we can’t “get up.” Maybe the pillow of comfort is disguised as a job that has no growth potential yet you’ve been there for so many years. You know that you have potential to do more. You know that all it takes is a leap of faith. However, you are comfortable in your fort of pillows.

You feel as though you can be content with where you are for the time being. A month turns into months and even years when you realize you have lost the motivation to try for more. Too many pillows!

Maybe the pillows of comfort disguise themselves as a relationship that is really a dead end. You don't see a future yet you have become so comfortable with the idea of having that person in your life. You begin making excuses as to why they are that way or that you can overlook the issues at hand. When in reality, you have lost the motivation to end it and wait for the relationship you deserve and truly desire. Too many pillows!

It is at that moment that we must find our motivation. We must stand up and realize that those pillows will eventually smother our creativity and motivation. We must realize that in order to accomplish anything we must take action. We must

realize that those pillows can go from comfort to a cradle of excuses.

I often tell teens finishing school to keep going and don't "take a year off". Don't get comfortable with a temporary fix when you can have a permanent lifestyle. Don't allow the pillows of comfort to become a crutch where you don't try for more. Don't say that you have time and can relax. You should always be working on the next "big thing." What can you do to improve your life? How can you accomplish those goals still sitting on the shelf? How can you improve society and leave a legacy? Don't allow too many pillows to stop you from fulfilling your destiny and achieving greatness.

No matter what you tell yourself, the bed is not your friend. We turn to our bed when we are overwhelmed. We turn to our bed to cry our tears out in our pillows. We turn to our bed when we want to catch up on sleep. We turn to our bed to relax after a long day. We turn to our bed to cuddle up

and watch that movie. We turn to our bed for that late-night booty call. We turn to our bed for a lot. Learn when to get up! Don't allow the comforts of too many pillows to suffocate your dreams. Get UP!

Change the Sheets

Honey! There is nothing like doing the laundry and changing the sheets on your bed. You have fresh sheets and pillows. Your room is straightened up and you feel good. Then you take a look at yourself. You realize that you can't get into a clean bed dirty. So, you decide to take a shower.

While in that shower, you start to feel that water stream down your face and body. You start to feel rejuvenated and ready to start the day. You no longer feel the urge to linger in the bed. You start to look for your to-do-list and feel the need to be productive.

I encourage all of us to find that motivation to change the sheets. Get out of that comfortable bed with too many pillows and change your sheets. Ok, so your life didn't go as planned. Change the sheets! Reinvent yourself and polish off those goals. Don't look at that setback in life as the end but your beginning. Revamp yourself and your ideas. Change the sheets.

Ok, so that relationship ended in a brutal way. Change the sheets! Look at what you've learned about yourself and the relationship. Forgive yourself and the other person for whatever transpired. Dust yourself off and learn the lesson. Appreciate the time spent and memories. Move yourself forward. Work on you until such a time as your next relationship comes. Change the sheets!

So, you lost that loved one or that baby. By all means, cry. Let it out! However, don't stay there. Change the sheets. Find a way to turn that hardship into a motivation. Inspire others who have experienced the same or

similar to live again. Tell your story. Create something in dedication to that loved one or memory. Change the sheets!

Change the sheets simply means to move forward. Find that drive to begin again or dream again. Don't allow what you cannot control to stop you from moving forward. Don't allow what you wished you had done differently to shame you. Embrace the struggles. Love the person you have become. Embrace the lessons behind your journey. Cry if you must but move forward. Change the sheets!

Smoke Break

I was throwing around ideas with a good friend about what to call this section. We tossed ideas around back and forth and then it came. Any job you have ever been on, you will find someone in need of or going on

a “smoke break.” A friend of mine will take a “smoke break” whenever things get too much and she is overwhelmed. Granted, her smoke break includes a cigarette and a lighter.

You will find little sections outside of businesses, restaurants and general public places that are designated for “smoke breaks”. This is where individuals can separate themselves from life for a few minutes to regroup. They pull out their cigarettes and lighters or whatever they may have. This is their opportunity to puff, inhale and exhale. They are able to regroup, refocus and revamp their mindsets. This is their escape from reality for as long as that cigarette lasts.

I encourage everyone to take a “smoke break.” Sometimes, the cares of life can overwhelm you. Sometimes, you may have too many ideas running through your mind. Sometimes, you may be overwhelmed with bills and obligations. Sometimes, everything just needs to be quiet. Take a smoke break.

Take time to isolate yourself from the situation or people. Turn your phone off for a few minutes to just center yourself. Stop the obligations and titles. Find yourself again. What makes you happy? What are you passionate about? Why are you even doing that project or working in that capacity? Why are you even putting up with that situation still? Refocus your mind and your motivation. Revamp your ideas. Find a different route to accomplish that goal if things aren't working out.

Listen to music. Find a motivational book, seminar, or song to inspire you. Breathe. Take a nap. Take a trip. Take yourself out to dinner or to the movies. Take a “smoke break” from reality to center yourself and connect with your inner peace. Sometimes, we just need to separate ourselves in order to save ourselves. You cannot be anything to anyone if you do not take care of yourself. Take a smoke break!

Adversity to Tune Up Your Soul

Sometimes, life will throw us adversity to tune up our soul and ignite a fire underneath us. Sometimes, we will hit a wall and feel like we have no clue as to where to go next. Sometimes, we will have our back against a wall where we are left with the only option to fight. Life will give us pain and sorrow that will shake our foundation. We will face challenges that will cause us to cry in the rain.

However, the rain is therapeutic. The rain is cleansing. The challenges are strengthening. The pain and sorrow are humbling. The lessons are priceless. Adversity will tune up your soul and ignite a fire underneath you.

I encourage everyone to embrace adversity because it builds character. You

would never know what was truly inside of you if it had not been for that life circumstance that challenged you. The strength that lies within would have never surfaced if everything was great with 365 days of sunshine. It is through the storms of life that we understand the greater power and purpose behind our existence.

Life's adversities can be devastating and cause us to question the little faith we have. Life has a way of grounding us and deflating any superficial balloons. It is in these adversities that we find our voice. It is through these challenges that we fight to be heard and to overcome. You can sit and watch "Being" on Centric and learn that every story shared came with overcoming life's adversities. It is not about how many times you fall, but how many times you get back up.

Failure is not in our falling but when we give up on the idea of standing back up. I don't care how many adversities you face.

Get back up! I don't care how many tears you cry. Let it ignite a fire in you to accomplish those goals. We are not in control of the hand we are dealt. However, how we play that hand determines our destiny. Don't focus on the adversity but the triumph that will follow.

Mental vs. Physical Tiredness

Have you ever thought to yourself that if you can just sleep for a few minutes or hours you would feel rejuvenated? So, you climb into bed and you take what seems to be a short nap. Time flies by fast. When you look at the clock, you see that you have slept way past the time you expected to. You think that you are experiencing physical tiredness.

When you wake up, your body feels so sore like you have been fighting in your sleep.

You could possibly feel even more exhausted than you did before you laid down. You went to bed with so many thoughts on your mind and figured sleep would bring everything into perspective.

What you fail to realize is that your body may have laid down on the bed but your mind did not rest. What you took to be physical tiredness was actually mental tiredness. Going to sleep didn't silence the brain, but had you in a state of rest with many thoughts racing. Mental tiredness can never be cured with sleep because the problem is not physical. The problem is that you tried to fix mental tiredness and chaos with a physical action.

I encourage you to truly get to the root of the problem. Find out what is draining you mentally, physically, emotionally, and spiritually. If there is anything you need to change, then change it. If there is anything you need to let go, separate from it. If there is

anything you need to ignore, disregard it.
The goal of this section is to do three things.

The first objective is to recognize that physical actions cannot easily eliminate mental conditions. Sometimes, you have to mentally think a thing through in order to gain insight and find the desired peace. This could be in the form of allowing the mind to wander off and analyze certain things. This could also be accomplished by telling the mind to stop overanalyzing why the situation ended the way it did.

The next objective is to remind you, the reader, to be realistic and engage in self-care. Be realistic about what obligations you can and cannot take on. Be willing to use the word “NO”. Be willing and actually put into action self-care practices. Learn how to do for yourself in a way that has nothing to do with job related obligations. For example, take yourself to the spa instead of saying that you purchased new shoes with the intentions of dual work and play purposes. When you

stop, and do for yourself, you eliminate the high frequency of breakdowns. You don't wait for you to need a "brand-new tire" when you can plug/patch a tire. The same is true with life. Don't wait until you are completely burnt out when you change a section in your life. Simply put, take care of yourself before you do more damage than good.

The final objective of this section is to share how you are feeling with someone you trust. Many times, we find ourselves mentally frustrated and having fatigue over facing the same or similar issues repeatedly. I encourage you to release all of that pressure and get advice that can alleviate some of that mental pressure. When you hold things inside, it not only can lead to health concerns but cause a mental breakdown. Sometimes, you just need someone to listen to you vent. Regardless, learn to take care of yourself.

Mental Clarity Detox

Forget societal norms and rules. Learn to live for you. The problem with society is that we follow the unwritten rules that have been passed down from one generation to the next. We go half of our life only for the light bulb moment to come late. We realize that we should focus on self instead of trying to fit into a box that others create. I want this section to serve as a mental clarity detox.

Detox is defined as the period of time in which the body gets rid of unhealthy or toxic substances. A mental clarity detox is my way of detoxing you from toxic mental processes. I want to save you years of wasted time.

First, you need to decide on what you want out of life. I don't care if you have three generations of doctors in your family. If you

don't want to be a doctor, then decide what it is you want. I have learned this myself the hard way. Don't waste time and money going years at a university stuck in a major that you are not interested in.

If your desire is to build your career and then start a family, don't allow the societal family expectations stop your plans. Don't feel the need to rush into a marriage or relationship because others are telling you that your biological clock is ticking.

If your desire is to travel the world and experience life, don't allow others to tell you that you need to settle down and then experience those things with your spouse. Life does not start with a marriage. When you are single, you have the opportunity to be selfish and do for yourself. You can create that business or try that idea out. If it fails, you only have yourself to worry about. When you get married or in a relationship, conversations must take place. You have to

consider the other person when making decisions.

Overall, get rid of societal norms. It is when you start to live for yourself, that the stress of pleasing others fades away. You no longer have to meet expectations but can enjoy life to the fullest. Have a mental clarity detox!

Experience Builds Resume

Experience builds your resume. Your experiences make you stronger and give you a relatable message for others.

The things you experience in life keeps you grounded. You cannot help anyone if you have never gone through anything. When things don't go as planned, look at it as another resume characteristic.

There is no such thing as failure. You either succeed or learn a lesson. Failure is when you decide to give up completely. It is not how many times you fall down, but the fact that you don't stay down.

When you look at someone's resume they have a heading called "experience". This is where they list all of the relevant jobs and duties descriptions. There may also be a section called "skills". In life, bumping your head gives you a broad perspective and something else to add to your resume.

Experience builds your resume. Don't ever take what you go through for granted. We cannot control the hand we are dealt. However, we can control our response. Let the experiences you face build your resume for life.