

A can of worms

An old friend of mine has been keeping a bunch of worms in a can for years. She kept them, she told me, because she thought for sure she would go fishing with her friend some day. But that day never came. Sure the worms were alive and still fresh at the beginning but as time went on, the worms started to get so warm that they decomposed and reeked.

You've heard that idiom before. That's what can happen when you call him or email him when the relationship has been over for a long time. The thought of it opens up the lid to the can and the actions lets out the awful, decomposed smell. Sometimes it is best to get rid of the can and not bother opening it up at all. Sometimes, though, loneliness will whisper to you and you'll think of opening it up, just a bit. Of course before you do that, get yourself a nose plug and a pair of glasses and get ready to.

1. Gather all the tools you can get. Whether it's a self-help book, a journal and pen, a counselor, a friend, or music have something in place before you open up the lid.
2. Pray, meditate, remain quiet and allow things to happen. Be one with the worms, they are yours after all.
3. Keep busy: rearrange, declutter, cook, exercise, and go out for a walk even if it's raining, the worms will love it.
4. Cry, yell, shout, or sing real loud. They love that too.

When you start to feel a bit better, acknowledge it, pat yourself on the back and keep doing your normal day to day activity. By that time, you won't feel like opening up the can anymore cause you'll be exhausted, satisfied and relieved. You may end up by throwing out the old can and getting plastic worms instead. What a refreshing thought.

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The Solution Lady for personal, self-care, wellness and life solutions. Always helping you find the solutions you need to connect to your life. Linda has lived a life of opportunity and abundance, which has included living and working in various parts of Ontario, including Ottawa, Canada's Capital and now in Gatineau, Quebec. She's worked in the mental health field and education field for several years as well as in law enforcement. Linda reads for pleasure, dances and sings to express her creative side, knits and sews for peace of mind, walks and bikes for exercise, journals to taps into her spiritual side, to express her joys and vent her frustrations and gets together with friends for fun. She loves to write about life issues and to offer seminars. Find out more about her at www.lindarobert.ca