



Healthy & Resilient You

You Can Do Better Than “Bleh”

Being Open to a Brighter Future



A note for our readers: *This newsletter touches on big life changes, including relationships, routines, and personal and professional patterns. If you're thinking through a change of your own, remember Concern is here to help with counseling, coaching, relationship-enhancement programs, and other expert support.*

Sometimes we get so used to something that we stop noticing how it makes us feel.

Maybe a job that once excited us now leaves us watching the clock. Or maybe a friendship, routine, or responsibility looks fine from the outside, but feels like a drag on the inside.

Those scenarios may have made sense at one time. But life and needs change. What once worked can start to keep us small, leave us feeling bleh, and close the door to a healthier future.

(Un)Comfortably Numb

“Bleh” is tricky because it can start to feel normal. It’s familiar, so we accept it. We tell ourselves, “If it ain’t broke, don’t fix it,” even when “it” really is broken, or at least unfulfilling, frustrating, or quietly painful. We’ve just stopped noticing it.

That’s when we may start to wonder, as the Talking Heads song goes, “Well, how did I get here?” The question can feel uncomfortable because it’s a wake-up call telling us to look more honestly at our lives.

Why We Stay, Even When It’s Not Working

Ever heard the old story about the frog in the pot that sticks around as the temperature rises—until it gets cooked? It’s a classic. It’s also not true. A real frog would try to get out before things got that bad.

Still, the metaphor has stuck around because it helps us think about slow discomfort. We need that because, unlike frogs, we humans are way too good at convincing ourselves to remain in situations that no longer serve us. We keep repairing the lemon of a car. We tell ourselves our relationship is fine despite all the silent date nights. Then, as the Talking Heads song goes, “the years go by,” and we’re not any happier.

Two common thinking patterns can reinforce this tendency:



Status quo bias: The pull to keep things the way they are because *familiar* feels safer than *unknown*.



Sunk cost fallacy: The pull to keep investing in something because we’ve already put so much time, energy, money, or emotion into it.

Both patterns are understandable, but over time they can leave us feeling resigned, numb, and focused on getting through the day rather than building a life that feels good to live.

Small Steps Toward New Horizons

The good news is that noticing these patterns gives us a way forward. Try starting with these small, honest steps to help you understand where you are, imagine the future you want, and make a plan to move forward.



Learn the signs – Change doesn't always announce itself loudly. Sometimes it shows up as low energy, frequent dread or irritability, or a sense that you're just going through the motions. Notice if you keep making excuses, avoiding something you used to care about, or feel relieved when a plan gets canceled. That's your change signal.



Audit your options – Think about the situation that triggered your change signal, like a relationship that brings more conflict than connection. Then make a simple pro/con list for changing it. For example, ending that relationship might put "I'm afraid I'll never find someone else" on the con side, while the pro side might include, "I won't have to feel angry or on edge so much."



Fact-check your fears – Look at the cons of changing and circle the one that feels most frightening. Then ask, "How likely is this, really?" If your fear says, "I'll never find someone else," try [replacing it with something more realistic](#): "Being alone for a while doesn't have to mean being alone forever."



Explore for 30 minutes – Spend half an hour a day learning more and letting new ideas take shape. Talk to someone who's faced a similar choice. Journal about what "better" could look like. Research one resource or next step. In one month, that adds up to about 15 hours of honest consideration.



Take one small step – Pick [something small you can do right now](#). Send one text. Make one appointment. Clear one drawer. Say one honest sentence. Small steps build confidence and the more of them you take, the easier it gets.



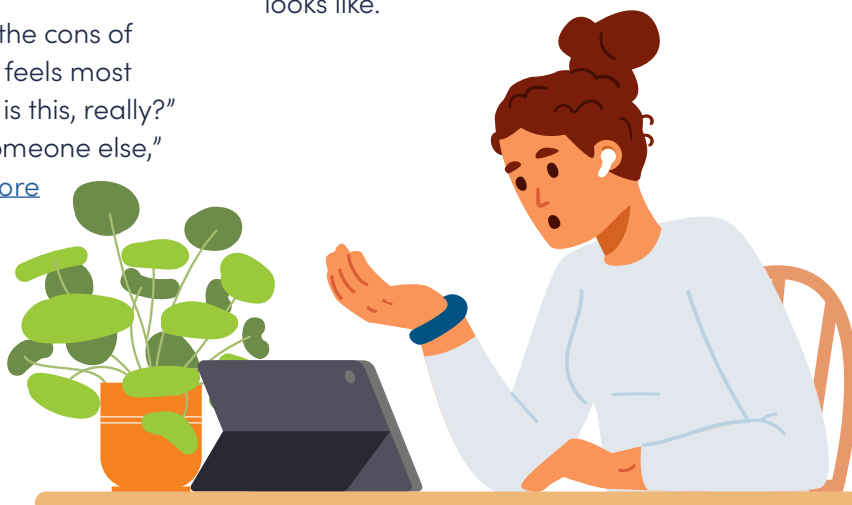
Talk it through – Talking with a calm, supportive person can help you hear your own thoughts more clearly.



PRO TIP:

For an expert ear, a Concern coach can help you sort through your thoughts, separate fear from facts, set personal or professional goals, and think through practical next steps.

Finally, remember that change doesn't have to be dramatic or final. Think "[scene change](#)," instead of "grand finale." You're still the hero of your story. Only now, you're actively deciding what the next chapter looks like.



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If you find your level of stress is impacting your wellbeing, you can contact us for additional help and support.

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