

2 a.m. Wake-Up Calls

Have you ever had a difficult situation or challenge that gives you a 2:00 a.m. wake-up call? Maybe it is a project at work, a committee you've suddenly ended up chairing, or simply trying to figure out how to get everything done with only two hands. Perhaps a resident you serve has taken a turn for the worse, and the concern threatens to overwhelm you. Whatever the issue, it ruins your sleep and drains your energy for the upcoming day.

The developer of a popular series of business training films describes the phenomenon of discovering your problem-solving skills are going nowhere:

“You start thinking, I'm uncomfortable. I'm anxious. I can't do this. I should never have started to try. I'm not creative. I was never creative in school. I'm a complete failure. I'm going to be fired, and that means my spouse will leave me and – in other words, you start enjoying a real, good, old-fashioned panic attack.”

Problems can feel 10 times as large in the middle of the night. But in reality – and by daylight – solutions might not be as distant as they seem.

Inventor Charles Kettering had a unique problem-solving method. He would divide each problem into the smallest possible pieces, then research the pieces to determine which ones had already been solved. He often found that what looked like a huge problem was already 98 percent solved by others. Then he tackled what was left.

In bite-sized pieces, problems become more manageable.

Remember, too: With God, all things are possible. He can give peace in our darkest nights and bring wisdom with the morning.

--Beecher Hunter