

Age Is Your Edge is a self-help book about mid-life management that includes strategies, tools and real-life relatable stories that help you discover purpose and develop a positive, resilient mindset during mid-life.

**Age Is Your Edge:
How to Find Purpose and Fulfillment in Midlife**

By Scott Papek

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The background of the entire cover is a scenic landscape. The top half shows jagged, rocky mountain peaks with patches of snow under a sky with soft, pinkish-orange clouds, suggesting a sunrise or sunset. The bottom half shows a calm lake that perfectly reflects the mountains and sky above. A small figure of a person in a kayak is visible in the middle of the lake, adding a sense of scale and tranquility.

AGE IS YOUR EDGE

HOW TO FIND PURPOSE & FULFILLMENT IN MIDLIFE

SCOTT PAPEK

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This book details the author's personal experiences and opinions about finding purpose in midlife and training one's mindset to become more resilient in midlife in beyond. The author is not a licensed physician in any way.

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This book provides content related to finding meaning and purpose in midlife. As such, use of this book implies your acceptance of this disclaimer.

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CHAPTER 11:

BECOMING COMFORTABLE

IN THE UNCOMFORTABLE

Every story I've ever heard about drastic change is motivated by pain. If deep pain leads to life-changing decisions, the worst thing we can do is help people escape that pain. They need to sit in it and truly feel it. That leads to radical change.

Getting uncomfortable is not about being dangerous. It could be as simple as taking a thirty-second cold shower, fasting for twenty-four hours, or taking a walk in the rain. The way to master discomfort is to do it comfortably and often.

Progress begins when you ignore the voice in your head that says, "Stop!"

Years ago, before I discovered mountains, my dad and I found ourselves in a challenging situation. We were hiking to a slot canyon in the Utah desert. We were amateur hikers who were unprepared for the heat. About three miles in, I got dizzy, fell to the ground, and began to panic.

After I let my dad know what was going on, he quickly picked up that I was dehydrated. We were out of water. Without cell service, we couldn't call for help. As he coached me to keep moving, my heart rate accelerated to alarming rates. My mind was stuck on my imagined bad ending. I was having panic attacks because I believed we would not make it back safely. Out of the blue, this magical cloud appeared out of nowhere, and it began to sprinkle the last third of the hike. It was a sign and provided hope. Looking back, I was always going to make it back but didn't have the mindset training to let myself know it was going to be okay.

That experience carried into my life as I continued to have panic attacks. Whenever I got physically hot, it would take me back to that moment, and I would panic. One day I decided I didn't want these panic attacks to control my life anymore. So without advice from an expert, and I don't recommend this to anyone else, I tried to put myself in physically hot situations for little moments at a time. I would wait until the hottest time of the day to either run or hike. This gradual path to learning a new way of thinking about hot weather helped me eventually rid myself of the panic attacks. What I did not know at the time is there is a specific therapy for this. Exposure therapy is a psychological treatment that was developed to help people overcome their fears. When we fear something, we tend to avoid the activity or situation. Exposure to the feared things, activities, or situations in a safe environment helps reduce fear and decrease avoidance.

Let's consider some safe ways to be uncomfortable. Creativity is a fantastic way to train yourself to be uncomfortable. When we attempt to be creative, there can be a lack of clarity, especially in the beginning. It's a new thought. You are exploring somewhere you've never been. It's part of the process to slow down until answers emerge. You must roll your sleeves up and jump into the unknown and try your best, learn, and try again and again. Your patience will be challenged, and you will have to keep moving and adjusting. Just like life, there is no one clear path in creativity. It's trial and error.

Revision is ninety-nine percent of the creative process.

Yoga is a way to train to be uncomfortable. Holding poses for a good amount of time will test your resilience. Try a tree pose. When you lose your balance, do it again and again.

When we become confident being uncomfortable through repetition, we begin to look forward to challenges instead of avoiding them. We need challenges to find our best. Practice pressure situations.

Start now to get in front of stress before it happens. Use this practice as an opportunity to train, develop, and grow. Do it daily and start small. Be present and be aware of what's going on once you begin to get uncomfortable. Training uncomfortable is an opportunity to strengthen confidence and build resilience.

The pain of being uncomfortable is temporary. It might feel like it's going to last forever, but eventually, it will fade away and you'll be left with the new you. The you who is stronger, smarter, and better prepared for whatever life throws your way.

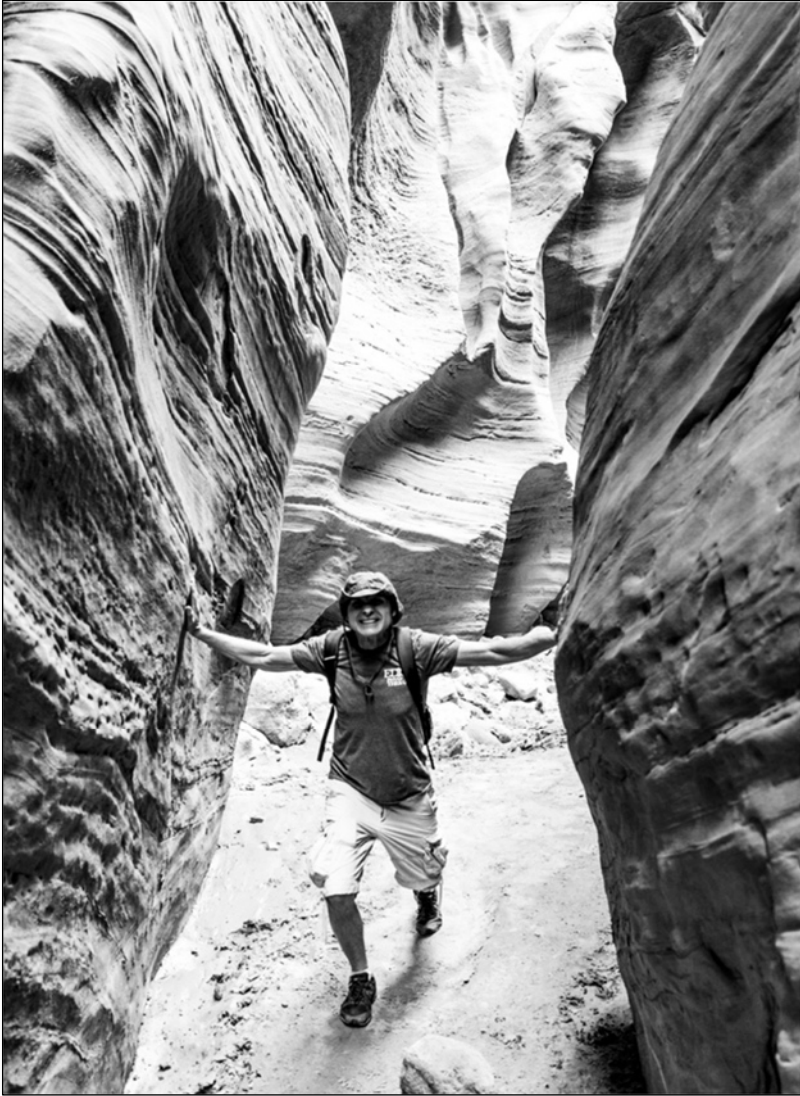
So don't be afraid of challenges. Embrace them.

The hard way is the right way. This is how we build a resilient mindset. Keep climbing!

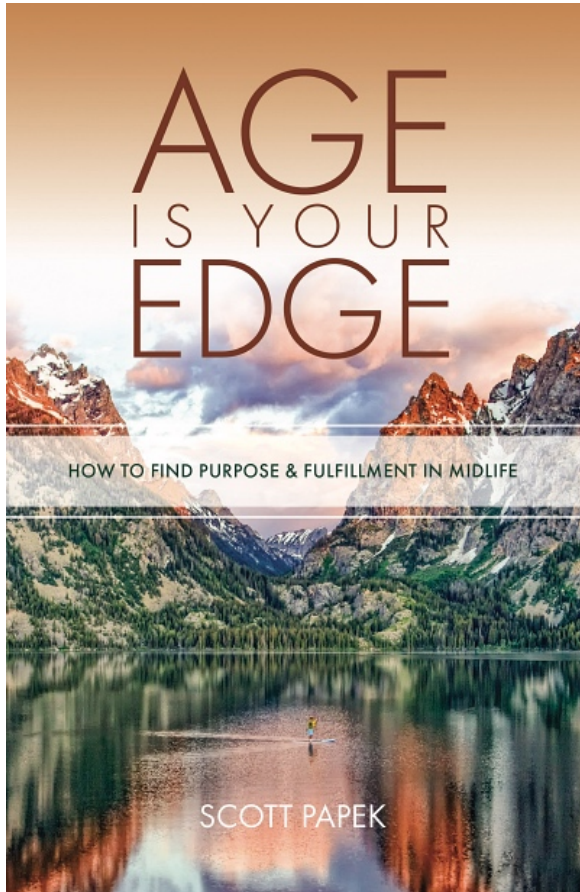
*“While everyone around me is complaining about
how cold it is or how traffic sucks,
I am just happy to be alive.”*

—Samantha Charles, cancer survivor

Scott Papek



Bob Papek (Dad)



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