



## Learning to Skin a Skunk

**W**henever I think about self-reliance, a phrase from my mission president comes to mind: “Skin your own skunks.” Yes, it’s an odd statement, but there’s a lot of truth in the idea that **there are hard things in our lives** that we can’t ask others to face for us.

So how do we “skin our own skunks” in regards to emotional self-reliance? How do we handle disappointments and **learn to cope with all our emotions?**

Thankfully, we aren’t left in the dark—resources abound. We can find a few of these in “14 Ways to Get Your Emotional Health Back on Track.” More importantly, **we can simplify life** as we keep the commandments (see page 44).

Learning to respond to everything life throws at us is a process. Being emotionally self-reliant doesn’t mean we’ll always feel the way we want to. It means that, through the grace of Jesus Christ and our own efforts, **we’ll be able to manage emotions in healthy and productive ways.** President M. Russell Ballard gives us some practical advice for achieving this balance (see page 48).

As we **strive for emotional self-reliance**, we might feel like a weak little sparrow (see page 46), but as we put in the effort and partner with Heavenly Father, we can be confident that one day we will “mount up with wings as eagles” (Isaiah 40:31), which is a fancy way of saying we’ll have the strength to skin our own skunks.

All the best,

*Heather Johnson*

### SHARE YOUR STORY

Do you have an amazing story to share? Or do you want to see articles about certain topics? If so, we want to hear from you! Submit your articles or your feedback at [liahona.lds.org](http://liahona.lds.org).

## BEST ADVICE . . .

*Young adults share the best advice they've ever received about taking care of their emotional and mental health:*

"Make time for yourself to exercise, clear your mind, and get rid of any toxic thoughts and feelings you have."

—*Brianna Forrester, Washington, USA*

"Don't be afraid to see a therapist. With the proper combination of spiritual and temporal treatments, I have been able to live my life and am awaiting a mission call so I can serve the Lord."

—*Nate Seal, Utah, USA*

"Have moderation in all good things while centering your life around Christ."

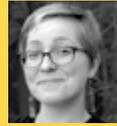
—*Nan Crews, Louisiana, USA*

"Remember to get enough sleep. It sounds funny, but it's actually super important!"

—*Sydney Smith, California, USA*

*What's the best advice you've ever received about not being too hard on yourself? Submit your response at [liahona.lds.org](http://liahona.lds.org) by January 31, 2019.*

**Lori Fuller** is an editor for the *Friend* magazine. She loves finding new bands, listening to news on the radio, and cooking food from around the world. Sometimes she writes stuff.



**Valerie Durrant** is from California, USA, and has been married to her husband, Ryan, for four years. She recently became a mother to a baby boy. She loves yoga, painting, reading, and hiking.



**Heather J. Johnson** is a writer and editor. She loves water skiing and going on winter adventures in the mountains. She favors British literature and recommends the use of "y'all" in everyday conversation.



**Dave Clarke** loves spending time with his wife and daughter. When he's not crunching numbers as an accountant, he can be found spending time outside, running, biking, or watching basketball.



## MORE FOR YOU

Check out YA Weekly in the Gospel Library app (under "Young Adults") for new digital content available every week, and follow us at [facebook.com/liahona](https://www.facebook.com/liahona) to find online-only articles and bonus content.

