



## Know what you can Control

I was trawling through the internet looking to see if I could find any new strategies for dealing with stress during the week. Did I find anything new? - Not really. However did it spark off some new thoughts in my head that just might be of some value? I think it just may have.

You see sometimes even when we think about an old issue in our lives, with the virtue of further experience we may in fact process the same situation differently and then draw different conclusions. However I am in danger of going off on a very abstract train of thought so let me try to put some order on my current thinking.

One of the concepts that is presented in strategies of dealing with stress is the concept of knowing what it is you have control over and equally knowing that over which you have no control and learning to let those elements go.

In other words if something is outside of your control then exerting time and energy worrying about it will be a waste of your time and your energies. My spending time worrying about the general economy, the behaviour of bankers, or worrying how my son is doing in an exam while he is doing that exam will get me absolutely nowhere.

Focusing my efforts on what I can do to look after my own finances, how I can support my son when he is studying leads me to take actions that are more effective and reduce my feelings of stress and worry.

What emerged in my thinking this week is that it is not just sufficient to separate those elements of my environment that I can control from those that I cannot. Just as important is taking personal responsibility for my actions in relation to those elements that I can control. In other words simply being aware of what I can control is not enough - I need to move from that awareness to taking action so that I make things work for me.

And so I my challenge to you this week is to again look at those everyday stressors, assess what you can control and then accept your responsibility and take the action steps to control your controlables!

Have a great week

Warm Wishes

Mary

*If you find it challenging to gain clarity as to what it is you can control and what is outside your control give me a call and let us see what we can do.*