



Feel-Good Friday

Many circumstances in life are beyond your personal control. For example, although you may be able to influence or impact someone, you ultimately CANNOT change another person. That person must make a choice for change to happen.

When you find yourself in a difficult situation, try asking yourself these questions to shift your perspective:

1. Is there a problem here that is within my power to solve?
2. What is unavoidable and beyond my control that I can choose to accept for the way it is?

Please note that acceptance does not mean agreement here. Acceptance here means making a choice to stop trying to change something beyond your control, and acceptance also means choosing not to spend much time and energy on negativity about the situation. Acceptance can free you to shift your perspective. Your focus can then move to more positive aspects of the situation or to other more pleasant situations.

3. Who can I connect with to receive support through my challenges?
4. What can I learn from this situation?

This might involve appreciating a social or emotional skill that the situation has challenged you to develop. Perhaps you will learn something that will help you in the future. You may even find that your experience helps you to later assist someone else who turns to you for support.

Shifting your perspective can help you feel more inner peace rather than perpetual conflict and frustration.

If You Can't Change Your Situation, Try Changing Your Perspective

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org