



Feel-Good Friday

Have there been more major changes in your life than you are accustomed to? Feeling powerless because you've lost the predictability of your former schedule? You are not alone. This is a common feeling that many are experiencing right now. When feeling as though too much is out of your control, you can aim for a balance between focusing on what is within your control and valuing your flexibility. Look for aspects of a situation that you can control. For example, to increase predictability in your life, try to do the following at approximately the same time each day: wake up, eat meals, and go to bed. Set reminders or alarms to help you remember. Dress for the day even if you aren't physically going out of your home because this helps your mind prepare for activity.

Make a schedule for your day and purposely include a balance of work and play or relaxing activities. At the end of your day, you may find that it did not go as planned. Give yourself credit for responding to any unexpected, urgent matters that arose and determine where to add any related items to your schedule for the next day. For the next day, build time into your schedule for whatever may have caused delays during transitions between today's scheduled tasks. If you chose to accept an unexpected opportunity for fun, allow yourself to appreciate the greater sense of balance you may experience as a result. Then, plan for how to use your refreshed feeling to spur productivity toward projects the next day. If you determine that you have been avoiding a project, break it down into smaller, more manageable tasks. If it seems impossible to set a whole schedule for the next day, set one small, yet meaningful goal and achieve it. Once completed, take a moment to feel pride in your accomplishment and give yourself time to do something you enjoy as a reward. Then, repeat and build off that pattern of success.

Feeling Powerless?
You Can Value Both
Predictability & Flexibility