

When Life Feels Out of Control

There are many reasons life can feel out of control. Whether it is due to stress, a health concern, relationship problem, a national or world-wide crisis, a conflict at work, or some kind of tragedy, practicing acceptance can be helpful. Acceptance is not the same as resignation or passivity. You can continue to push forward despite accepting that there are things beyond your control.

Some of these steps may be useful when life feels out of control:

- ✓ **Pause and Take a Break** – It is important to take regular breaks, both at work and at home. Make sure to take time for yourself; meditate, de-stress, and practice self-care.
- ✓ **Try to Change Your Perspective** – Rather than viewing life as "out of control," try an "it is, what it is" perspective. This does not mean you should accept poor treatment or lower your expectations. Instead, let go of the need to control everything; letting go of the need to control can lead to greater life satisfaction.
- ✓ **Take Control of the Things You can Change** – You do not have control over everything in your life, but you do have control over some things. Work on changing the things in life that you do have control over, like going to the gym, eating healthier, or removing a toxic person from your life. Even if it is something small, it can help establish a sense of control and feeling of optimism.
- ✓ **Be Confident in Your Life Decisions** – Sometimes life can feel out of control when you are constantly worrying whether you are making the right life choices. However, take pride in what you have built for your life; and if you've made a few bad decisions, learn from it and move forward. These mistakes create personal growth and wisdom.
- ✓ **Talk It Out** – Talk about what's making you feel overwhelmed and stressed! Whether it be with a loved one or a mental health professional, it's helpful to have someone with whom you can voice your worries.
- ✓ **Think Positively** – Think positively! Life won't always feel this way, but it will get better if you have faith and a positive attitude. Remember that your thinking always affects the way you feel. Practice focusing on what is going well in your life, and aim to be thankful for the things you have.

Most importantly, I hope you'll remember that you're capable of handling whatever life throws at you. When the unexpected happens, you can still control your own responses and learn to cope more effectively.