

MANAGING STRESS DURING CHALLENGING TIMES

It seems like every day there is some type of distressing news for the public to digest. In the age of the pandemic, social injustice, technology, and mass media these messages are hard to escape. It is important for us to realize which stories impact us the most and what do we do as individuals to deal with the infusion of negative data. Well, we cannot control the distribution of “bad news” out there, and it is important to be informed and current on the relevant stories of our world. However, there is the large picture of the world and all the people and nations that encompass it, and then there is the more intimate world of your life and the people and events within it. Often, we are faced with balancing the latter and how it fits in with the former.

Instead of biting off more than you can chew, take a realistic look at what you can control and assess the steps that can be taken to systematically dismantle the high stressors that fall into this category. For example, you may not be able to control a boss’ or supervisor’s choice to treat you unfairly, but you do have all the control over how you respond to the situation. Choosing to invest in a positive framework will dictate the actions that follow your thoughts. In the previous example, one could choose to focus on what they like about their job, rewarding co-worker relationships, the redeeming qualities of the boss/supervisor versus the negative qualities or channel efforts toward the productive pursuit of a different job. Doing none of these things and placing sole emphasis on engaging in power struggles, avoidance or passive-aggressive behaviors only adds to the existing stress level.

After all, nobody knows you better than you do. Based on this knowledge, you have at your disposal a whole host of ideas and information about what makes you happy. The challenge within this challenge is to recognize what items on this list represent pro-social and healthy methods of coping. Give yourself permission to pursue these objectives and allow them to establish priority position in your mind and in the actions, you carry out. Exercising, hobbies, faith-based activity, quality time with friends and family and pursuing therapy are among many examples of how individuals can invest in themselves and those closest to them.

If you were a landlord, would you let disruptive and irresponsible tenants stay in your building for extended periods of time and not pay rent? Well, this is what you are doing if you do not manage high stress situations and the space it occupies in your mind.

At Mosaic Pathway Counseling, we understand that stress comes in a variety of packages. We also understand that different people have different levels of stress tolerance. Our services and our approach to you can be tailored to address the needs you have, ranging from brief intervention to more ongoing service.

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