

UNCERTAINTY AND THE POWER OF ACCEPTANCE

"We cannot change anything unless we accept it"

Carl Jung



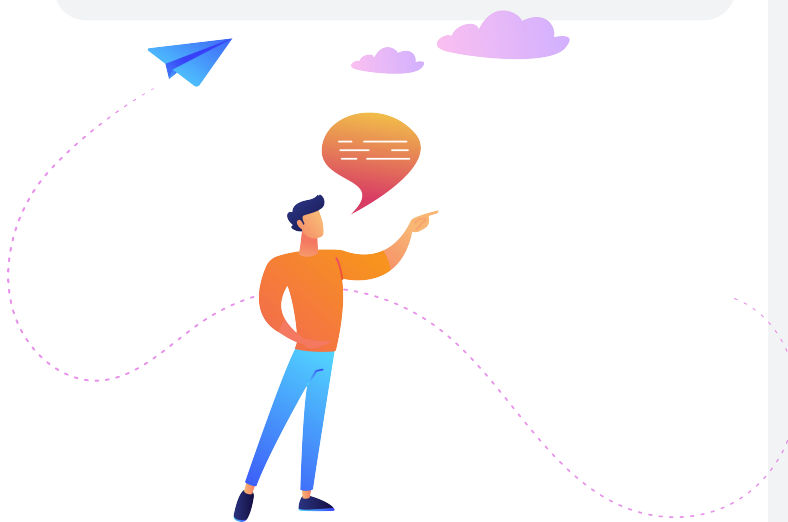
For some people, the idea of accepting whatever happens may suggest some form of giving up or giving in. However, just because we accept something, it doesn't mean we like the idea or agree with it, only that we recognise it as an external event we can't change and it's probably a waste of energy trying to rail against it. We can never know what's going to happen next. But when life is based on routines that haven't changed for years, we can predict what is likely, or probable, which tends to give people a lot of comfort. Not only has the coronavirus socially distanced us, it's dissolved a lot of elements of the life we once knew in a very short time. The idea that all you can be certain of is the now, can be quite overwhelming and the reality hard to accept. **However, not accepting reality and what's happening now is exhausting and often leads to further suffering.**

ACCEPTANCE IMPROVES WELLBEING

Recent research from Kings College London (*The Conversation*, April 29, 2020) produced a picture of a community that had divided into three clear segments under the coronavirus lockdown. The accepting, the suffering and the resisting all had different outcomes to their wellbeing depending on their primary attitude. Not surprisingly, the accepting emerged with greater wellbeing overall, indicating minimal anxiety and depression, better sleep and less alcohol and drug use than with both sufferers and resisters.

YOU STILL HAVE CONTROL

While external events like the current pandemic have changed the way we live, it's still in our power to focus on what we can control rather than pushing up against walls where we have no influence. So ok, you can't throw a big birthday bash at home quite yet, you're still worried about the security of your job - actually let's make that the whole economy - and you're really fed up with newsfeeds dishing up incessant coronavirus updates. That's a lot of bones to be chewing when you could be doing things that give you pleasure or gratify you instead. Changing outside events (that includes trying to read the future) is impossible. At best, you may only be able to influence them but usually in a minor way.



MORE
INFORMATION

T 1300 687 327
E info@convergeintl.com.au
convergeinternational.com.au

You have no control over the economy and can only do your best at your job. There are alternatives to the gigantic birthday celebration and it's easy to opt out of reading or watching news. Feeling more positive already? That's one of the benefits of letting go and shifting your focus and energy away from things beyond your control, to things you can control or influence.

ACCEPT MORE, STRESS LESS

Acceptance can increase positive feelings because it can alter the shape and meaning of things that we find stressful and make them more tolerable. By playing the cards we've got, not the ones we wish we had, we can be more open to the present moment. Today, many people frame this as being more mindful. Letting go of trying to control everything allows room for you to take a breath and experience the joy of the present moment, whether it's baking a cake, hugging your child, calling a lifelong friend or learning something new. How is your goal to master the flamenco guitar by the way? Acceptance releases you from things like judging and criticising yourself and others. As well as making you a more pleasant person to be around, it can help you shed a lot of unnecessary ballast and 'what ifs' that weigh you down.

ACCEPTING AN UNCERTAIN FUTURE

If you're nervous about life going back to 'normal', you're not alone. You need to manage your emotions and be pragmatic about controlling what's in your domain or span of control.

Establish your priorities. It's a great time to take stock of how you're spending your time, money, and energy. Eliminate things that you don't want to do anymore. Add more activities that are in line with your priorities moving forward.

Create a plan to manage your health. Whether you want to eat a healthier diet to keep your immune system in top shape, or you want to exercise more after spending six or more weeks indoors, taking charge of your health can help you feel more in control of your future.

Look for alternative streams of income. Coronavirus has upended many previously stable jobs that now seem less secure. Creating several streams of income could help you feel more confident about your financial security in the future. You might launch a side hustle or assess the strategies you can use to increase your longer term financial stability.

Practise healthy coping skills. There are a lot of problems you can't solve right now. We are all variously coming to terms with that. But you can address how you feel about these problems, how you approach them. Look for strategies to manage your emotions. Practise yoga, meditate, socialise with friends when you're feeling unsettled or anxious. Do what you know works for you and has served you well in the past.

YOU DON'T HAVE TO DO IT ALONE

It's helpful to recall George Orwell's perspective on this this tricky part of being human. He had a cut-through way of simplifying the quest, "Happiness can only exist in acceptance". Simple yes, but powerful if we can embrace the power of acceptance, gratitude for the present moment, the now.

However, we know it can be tough. If you can't see past the struggle and connect with the positive, the silver lining, your inner joy, you may need some extra support to help you through this time. That's where we might be able to assist. Remember our phone number is **1300 687 327** and we're here for you 24 hours a day, year round if you need some extra help.

MORE
INFORMATION

T 1300 687 327
E info@convergeintl.com.au
convergeinternational.com.au