



Strategies for Gaining Control

“Control the Controllables” refers to the practice of focusing our attention and effort in ways we can control, not wasting our time by focusing on that we cannot control or influence. With new guidelines coming out daily from various media outlets as to how to handle the current COVID-19 situation, it is easy to feel overwhelmed or emotionally turbulent. Travis Bradberry and Jean Greaves (authors of Emotional Intelligence 2.0) mention that a key method in handling difficult situations is to remain calm and controlled.

Easier said than done, right? How does one go about doing so? One common mental skill, the C.I.A technique, can be easily discussed or written down. This technique focuses on how an individual can align their effort towards the aspects of **Control** and **Influence** while also developing an understanding of what they must simply **Accept**. Take the time to write down or discuss what are daily/weekly/monthly priorities for you and your family. Combining those priorities with the “Control” and “Influence” will allow you to determine where your focus should be most concentrated.

