

Being Resilient in an Uncertain World

Managing Your Circle of Control

Do you really want to read another article about being resilient? We know what to do, right?

The question is this – Do we? Do students and parents? This article will remind you of previous knowledge, give you two frameworks for success, along with a tool to help thinking - all of which are easy to share with others.

First, get the basics right.

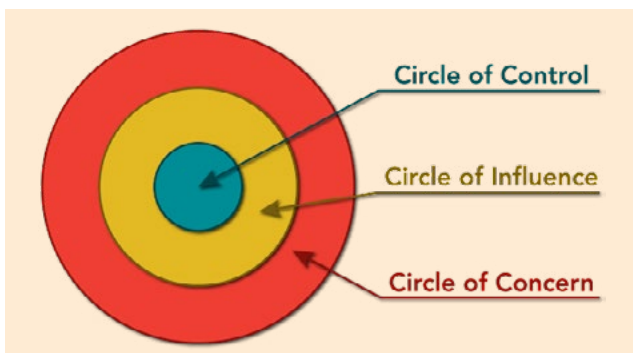
1. Sleep – get the right amount for you.
2. Eating – sustain yourself with food that is good for you and your brain.
3. Exercise – get 20 to 30 minutes of puffing exercise a week.
4. Have some fun and laughter in your days and weeks.
5. Find some needed quiet time for thinking and processing your day.
6. Create connections with others at the rate that suits you.
7. Know your values and strengths.

Then, add in these additional thoughts:

8. Spend some time outdoors.
9. Limit your time on social media.
10. Sing or listen to music that uplifts you.
11. Develop a worry management strategy.

So, if knowing all this – what stops you from doing what is right, from what is helpful to manage stress and build your ability to cope? What stops you doing the things that will keep you resilient? Take a moment to think.

Let's use the three circles.



What stops you from doing what is right, from what is helpful to manage stress and build your ability to cope?

Think for a moment about and then write down the things that worry and upset you. This is what goes into the circle of concern. Now, consider if those things can be placed in the circle of control or the circle of influence.

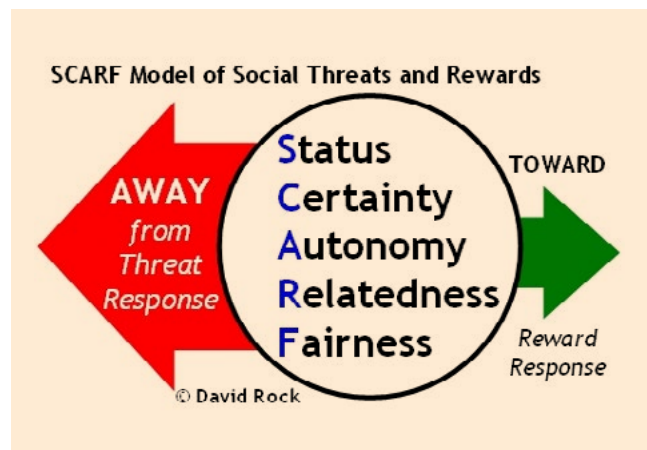
Consider which of the circles they are in.

Can you control this?

Can you influence it?

The more time you spend in the circle of concern without being able to influence, the less resilient you will become. Grow your awareness of how you are spending your time and know that you have a choice about what you think about.

Human brains go into the flight and fight when we feel under threat. The SCARF Model explains this well.





So, when we are in uncertain times, create ways for you to have a calm brain:

1. Know your role and your place in the world, your family and your work.
2. Be clear about your values and boundaries.
3. Make decisions about those things that you can control. Remind yourself about what choices you have.
4. Stay connected with others.
5. Consider how well you are doing and create a ritual of gratitude for yourself.

The best we can do is keep going. Thank you for your good work in teaching our upcoming generations during this most difficult of times. You matter. 🇺🇸



Madeleine Taylor

Madeleine Taylor is a parent of three grown sons and works as a People Skills Consultant. Madeleine is an accomplished workshop facilitator and long-time trainer of negotiation, influencing skills and managing difficult conversations. Madeleine is a parent educator exploring how to grow resilient children in this complex world. She also is the coauthor of "The Business of People - Leadership for a changing world." Published 2020.

Madeleine can be contacted at:
madeleine@peopleskillsconsulting.co.nz