

Realistic Expectations, Grace and Positive Perspectives

Hello All! ENCOMPASS is here today to share some thoughts about the way that COVID19 has impacted our daily lives, specifically in managing our mindset. The frame placed around a picture shapes how our thoughts are filtered, how we interact with others, and our opportunities to share positive perspectives.

Give everyone the benefit of the doubt, and a wide berth, including yourself. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

A strategy that may prove helpful is to lower expectations and practice radical self-acceptance. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, offer yourself “radical self-acceptance.” This means accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

Create conversations that allow us to notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day. This is a practice we have been exercising around our dinner table.

Remind yourself daily that this is temporary. We have made it through 100% of our tough days, and we need to give ourselves credit for that!

If you want to connect with an ENCOMPASS coach or clinician to talk about some strategies for managing the impact of COVID19, please contact us at 800-788-8630 or visit us on the web at www.encompass.us.com.