

FRUSTRATED? STRESSED?

Be Well
with Nicole Green



LEARN TO RESPOND VS REACT



*When you see
differently,
you interpret
differently,
react differently,
intend differently,
and
act differently.*

DR. DAVID POWLISON

When someone is "driving you crazy", you have more control in these situations than you might think. Learning to deal with difficult people and situations in a more intentional, mindful way helps you to be more at peace by doing what is in your control - taking responsibility for your reactions, not theirs.

Here's a few strategies to help you get there.



TAKE A TIME OUT

PAUSE. BREATHE.
PONDER THESE QUESTIONS

1

What just happened?
(Focus on just the facts)

2

How am I responding to what happened?

3

Am I allowing myself to complain or
ruminate about this situation?

4

What is within my control?
(What are the options that can be done?)

5

What am I learning about myself and others
during this time?

6

How do I need to change? Why?
What does that look like for me?

GET QUIET & CALM



If and when it is time to respond, make sure you do so from a place of calm, stay cool no matter what, and always treat others with respect. Try to listen, be humble, and listen to their perspective. Try to practice empathy and openness, even when you disagree strongly with someone. Remember that we all have our own lens through which we view things—but you have the option to choose your lens or try to see things from someone else's point of view.

FOCUS ON WHAT YOU CAN DO



What is in your control right now? Once you examine (without judgement) your own feelings and what's really going with the whole situation or person, make a decision on how to take action to address the issue in a calm and mindful way: let it go, shift your focus, and/or do something about it.

CREATE SPACE



If all else fails, walk away from the situation or person causing all the negativity. Don't waste your energy on fruitless arguments. We spend so much time and energy on things that don't really matter - or don't accomplish anything - without even realizing how taxing it is to our well-being. Save your energy for the people you love and the things you care about most!

*So...
How
will you
take
care?*

These steps are just the beginning to your overall wellbeing. I'd love to help you look more into the act of showing up for yourself as well as the preservation of good mental health and wellness.

This is responsibility.
This is guardianship of well-being.
This is redefining self-care.

Taking care of yourself is a job that works from the inside out...and it's not selfish!

Learn more about how you can thrive and take care of yourself at **www.heytherenicole.com**



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