

10 COPING STRATEGIES When Your Life Is Out Of Control

SHIFT YOUR PERSPECTIVE

It's rare to be 100% out of our control in any situation but heavy focus on the negatives and challenges causes us to panic and be convinced that we lack control. Shifting perspective to what we can control facilitates a more positive mindset and perspective.

EMBRACE UNCERTAINTY

Hyper-focus on uncertainty leads to fear and anxiety which feeds feelings of loss of control. Learning to see uncertainty as an unavoidable and inherent part of life helps release fear, leading to a more reasonable response.

PRACTICE MINDFULNESS

Mindfulness is the practice of intentionally focusing on the current moment and embracing that moment free from judgment. This bolsters awareness of thoughts, sensations, and feelings while also improving our ability to cope.

SEEK SUPPORT

Help is always useful. People can offer support by listening and allowing us to vent. This emotional release of thoughts and feelings helps to rationalize the situations that cause us to feel a lack of control and help us process and respond to them better.

EXPLORE POSSIBLE OUTCOMES

Lack of control over life may be rooted in not knowing what to expect. Combat fear of the unknown by brainstorming potential outcomes.

ESTABLISH A ROUTINE

Routines operate as a grounding force by giving us a set of activities or processes that we know will remain consistent.

STRESS REDUCTION

To reduce anxiety, fear, and worry that accompanies the feeling of being out of control - meditation, yoga, listening to music, relaxation, and aromatherapy.

WORKOUT

Exercise releases feel good chemicals that reduce stress, boost mood, decrease anxiety, and improve one's overall sense of wellness.

EAT HEALTHY

Healthy eating is a foundational element of staying well when you feel like you are out of control of your life.

SLEEP WELL

Lack of sleep makes stress and anxiety worse, making us more reactive and impairing judgement, and decision making skills.