

CONTROL ISSUES

By Donna Deos

Welcome to June! Where does the time go? Let's get right to it.

Have you noticed people acting stranger than usual lately? I sure have! I see people obsessing about seemingly insignificant things and some obsessing about significant ones. Who can blame them with all that is going on in the world?!

The ones obsessing or rather, trying to control, seemingly insignificant things (in the grander scheme of things) are the ones who are just trying to have things within their control. Pretty simple. So much has been taken away lately that the balance has been thrown off. You used to be able to go where you wanted, when you wanted, wearing what you wanted, and so on. We all know we have been living in a different world where those things are now all different.

People react differently to all of this. Some welcome change, some fight it, others are somewhere in the middle. How we react to it impacts those around us – please keep that in mind. As we grasp for things to control we sometimes place unfair burdens or expectations on others. Think about how that must feel for them. They feel just like you do – looking for things to control. Then, you pile a bunch of your wants and needs on them and they are now further out of control. You didn't mean to do this, you were just trying to regain your sense of normal. However, you shifted them further into the hole because you are not thinking of the bigger picture and how your actions impact others. All of our actions impact others.

So, when you look for things to control perhaps you can think of this and direct your thoughts to inanimate objects that you do something with yourself instead of shifting the stress to others. I mean things like cooking, cleaning, projects that are yours to own rather than involve others. Accomplish things on your own to-do list rather than putting more onto others. They have enough they are dealing with already.



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Also, when you visit your elders, please do not take over their world. They have lost freedom too. You now won't let them leave the house, you bring them their groceries and do all of their errands for them – which can be nice, but it is a take-away for them. Adding other controlling things to them is not fair. They are also trying to find things they can control. So, maybe you can ask them to do a thing or two for you. Perhaps they are great at sewing and you have things that need mending. Don't force it on them, ASK them if they would like to. If they say no, that's okay too. That's letting them be in control of that decision – which actually helps. **They** may make suggestions and offer ways they can help you. Please strongly consider taking them up on these things. They want ways to be helpful, productive and useful. Shutting them down makes them feel useless instead.

I hope you find this little reminder helpful. I know that when we get busy and stressed we tend to forget the bigger picture and how our actions affect those around us. Remember to be kind to yourself and to others. This too shall pass and we will come out in a better place on the other side. Hang in there!

If there is anything I can do to help, email me at contactus@donnadeos.com.

All my best, Donna

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