

## Empowering Ourselves In These Tough Times, Part I

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These days you cannot pick up a paper, turn on the news or flip through the stations on the radio without hearing how awful the state of our economy is and getting worse every day - sometimes every minute.

How can we maintain some sense of optimism in the face of all this bad news? How do we not become victims of all the negativity we are bombarded with day after day?

Let's look at how we react to events in our everyday life. "Stuff" happens – how do you respond and what influences your response? There are days when we feel more in control of our lives than other days.

- How does that impact your response to everyday events?
- Does it make a difference if you are rested or not hungry?
- Do you know what events frustrate you?
- Do you know what events upset you?
- Do you know what makes you feel less anxious?
- Do you know what makes you feel more in charge of your life?
- Do you consider yourself a reactive or proactive person?

Morarji Desai, former Indian Prime Minister said, *"Life at any time can become difficult. Life at any time can become easy. It all depends upon how one adjusts oneself to life."*

Resiliency and Optimism may be two coping tools we can use in these difficult times. To find out how Optimistic you are you can go to [www.optimi.org](http://www.optimi.org) to "test your O.Q. (optimism quotient)".

To test your level of Resiliency you can go to [www.resiliencycenter.com](http://www.resiliencycenter.com)

This month we are going to discuss some ways that we can maintain optimism in the face of all the negative messages. We are not talking about the "Pollyanna - everything is great" optimism but the need to maintain or regain some control over our emotions and our anxiety levels in order to get through this crisis.

**The first thing to understand is that we will get through this crisis.** We may have to make some adjustments or learn new ways to do things, but we have all been there before and took on the challenge. If we look back through our personal history and the times in our country's history where we have been tested we begin to see how we rose to the challenge.

\*Throughout the Month of March we will address some of the ways we can empower ourselves in the face of all the negative news.

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