A MESSAGE FROM

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PRESIDENT OF SDA SAN ANTONIO



DO WHAT YOU CAN, SCRAP THE REST

By Danielle Salvador, CDFA

WRITE DOWN A LIST OF THINGS YOU'RE WORRIED ABOUT.
CROSS OUT THE THINGS YOU CAN'T CHANGE AND DEAL WITH THE THINGS YOU CAN.

This quote has gotten me through a lot! As a constant worrier, I've struggled with toning down the anxiety and focusing my attention on productive worrying. When I heard this phrase, I knew I had to hold onto it. This quote showed me how to turn my irrational thoughts & useless worry into a super-power. Here is what works for me, so I hope it helps you too!

1. **Determine what you can control.**
   - That's what the saying above is all about; you can't prevent a storm coming but you can prepare for it. Sometimes all you can control is your attitude, effort, and reaction to a certain situation. This helps me feel less helpless and take ownership over my life. Determining what you can control blocks out the noise and sets a clear path for action & next-steps.
2. **Focus on your influence.**
   - This is especially important at work. I had to realize that I am only responsible for certain tasks. Design is a collaborative effort, therefore the final product is not only my responsibility. Once I started focusing only on what I could influence, and making that portion of the project the best it could be, I stopped worrying about the desk beside me, and what they are and aren't doing properly.
3. **Identify your fears.**
   - As a worrier, of course my fears are going to be blown out of proportion, because I spend time exploring all the ways something could go wrong. Sometimes writing down my fears helps me realize how manageable they actually are, and scratching out the ones I can't control really simplifies the situation I'm worrying about. 99 times out of 100 it's not as bad as I thought it would be.
4. **Differentiate between fixating and problem-solving.**
   - When I'm not sure if I'm fixating or problem-solving, I like to go do something else and switch gears. When I go back to the issue I will be refreshed and have lost that "just-give-up" feeling. I have given myself space to focus my thoughts on finding ways to increase the chance of success.
5. **Create a plan to manage your stress.**
   - I like to use my project schedule as the basis for my plan, that way any deadline related worries are addressed. Then I prioritize the other tasks in order of importance, and how many other people I need input from. I address the outside factors first - other people - by letting them know what I need from them. That way they are working in the background while I move onto the next step of the plan. Usually, just putting the plan to work creates great momentum to keep moving, and can often help guide your problem solving if you hit a bump in the road.
6. **Develop healthy affirmations.**
   - I will inevitably fall back into worrying, but the important tip is to snap out of it. I've found a reminder that works to calm my thoughts and switch them from useless worry to directed action. I tell myself to "make it happen." This reminds me I am in control, and it's up to me to focus on the positive and create my desired outcome.