

Taking Care of Your Mental Health ACCEPTANCE

How do you embrace all the different trials and tribulations that life presents to you? If you are usually resilient under stress, you probably have good coping skills that help to manage your moods and thoughts. Your ability to feel competent and capable under duress navigates you through with a minimum of negative effects. Perhaps you are a problem-solver and rise to challenges that give you the resolve to move forward. However, if you are like many people that retreat during adversity then challenges become hardships and you become a target of harsh judgments and low self-esteem.

So, how to learn the lessons of acceptance?

"Learn to recognize that WHAT IS, JUST IS, and that the key to meeting any
Challenge or hardship lies in your own mind."

You can continue to complain and whine or create a powerful mental shift to accepting the fact that you are only being human.

If children are having difficulties in accepting the limits imposed by this particular challenge try the following strategies:

- Be informative about all the issues
- Keep all conversations age appropriate
- Speak in a gentle tone and use reassuring vocabulary
- Manage your own anxiety and share your acceptance of the situation

"God give us grace to accept with serenity the things that cannot be changed, courage to change the things that should be changed, and the wisdom to distinguish the one from the other."

Reinhold Niebuhr (theologian)