



Be the Best that You can Be

Cedarwood School

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Lockdown emotion 4: Acceptance

Aiming for Acceptance

When we are challenged by change, our first instinct is to reject or resist the change in order to maintain happiness and control. Our defences of fight or flight might want to kick in, but with Lockdown: we cannot see our enemy and therefore cannot throw punches; and we have been instructed to stay at home and therefore cannot run from this danger.

We experience mixed emotions of worry, frustration, anger and deep sadness on a daily basis and fighting them just increases negative emotions. When the change is so big that we feel powerless ... our resistance becomes more detrimental than effective.



Everything can be taken from a man but one thing; the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way.

QUOTEHD.COM
Viktor Frankl
Austrian

1. Firstly, we need to slow down, breathe, gain perspective and **acknowledge our current state of mind**. Know that it is normal to be feeling negative emotions during lockdown.

Victor E Frankl wrote in 'A man's Search for meaning': ***Everything can be taken from man but one thing; the last of the human freedoms –to choose one's attitude in any given set of circumstances, to choose one's own way***.

Therefore, when we are facing an obstacle to our preferred way of being, we might not have the capacity to control or change our circumstances, but we have the power to choose how we respond to it. Meditate, get some fresh air and talk to someone.



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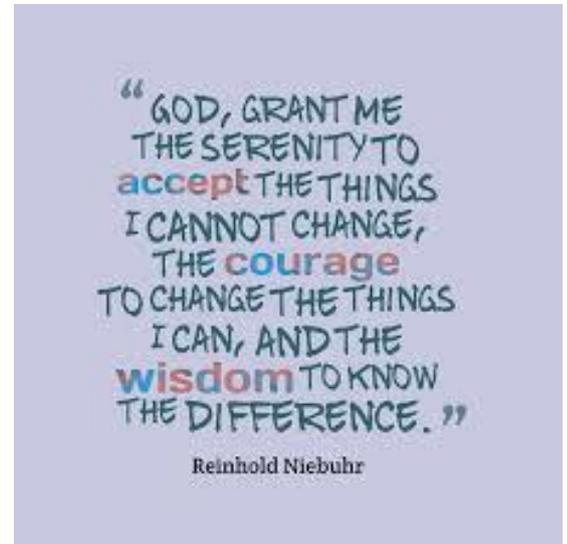


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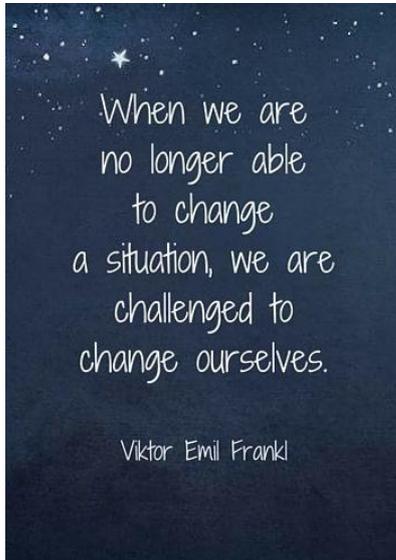
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2. Secondly, **identify what you can or cannot control**. Write them down, say them out aloud or draw them in a picture. Know that they are not ingrained in you, but a passing experience. Although we might feel overwhelmed in the 'not knowing' and the 'not allowed', we are not completely out of control. There are still some things we can choose –our attitude, our response and our outlook on life. **'When we are no longer able to change a situation, we are challenged to change ourselves'** (Victor Frankl).



3. What we can control is what is within ourselves and our homes, including family, health and wellbeing. We need to be flexible in what we are attending to, **be mindful** of where we are spending our mental and emotional energy. The most effective approach to making a shift is to **identify our values**. It is within our control and our choice to prioritise what is important to us and what do we want to strengthen.



- **Physical health:**
Exercise and eat well
- **Mental health:**
Play board games or challenge yourself to something new
- **Family time:**
Cooking, walking, gardening or painting
- **Self-Care:**
Meditate, be mindful of your thoughts or just breathe
- **Living with purpose:**
Help someone in your community

'Acceptance is not a passive state, rather is it a positive force that helps us to grow, to be better'
- Chesta Verma.



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