

FOCUS ON WHAT YOU CAN CONTROL

3 things you can hold onto
when your world's shaken up

What's happening right now is unprecedented, and feeling out of control is completely justified. But it's also a pretty crummy feeling. Science says in times of stress and uncertainty, focusing on what we can control will help us feel better.

Because while deep down, we all know worrying, obsessing, or stressing about something won't give us control over it, it can be hard to stop. But there is a way.



A NEW PERSPECTIVE ON, WELL, OUR PERSPECTIVE

You've probably heard the Charles Swindoll quote, "Life is 10% what happens to you and 90% how you react to it." And while we don't want to minimize the current situation, Charles' statement has some truth to it. [According to scientists, in times of stress and uncertainty, focusing on what we can control](#) will help us feel better.¹

When we decide to focus on what we can control, we allow ourselves to take back our power in a situation. We're shifting our perspective so that things aren't happening to us. Things are just happening, and we're adapting, controlling the things we can.

THINGS WE CAN CONTROL

While we can't control the news or how close people stand to us, we can control some things.

Here are three areas of your life that you can control and tips on how. >

1

HOW WE VIEW THE WORLD

We can choose to see what happens to and around us in a positive or negative light. For instance, when we're stuck in traffic, we can either get upset that we're going to be late for dinner, or be thankful for the opportunity for a bit of extra time to listen to our favorite podcast.

We're not saying you need to put a positive spin on every situation. Some situations are just plain awful and require us to feel our feelings ([here's a good resource on that](#)). But training our minds to find the good in what we usually consider life's minor annoyances can go a long way in helping us stay mostly positive during the bigger challenges in our lives, too.

Here's a pro-tip:

When you find yourself having a negative thought about something that in five years from now you probably won't even remember, try your best to find the positive in the situation. As you begin practicing doing this, you might not feel positive right away. But over time, this will change, and you'll find the brighter side of things more quickly.

In the Naturally Slim® (NS) program, we explore more ways to shift your mindset to one of positivity.



HOW ACTIVE WE ARE

We decide if we're going to park it on the couch (or at our desk all day), or if we're going to move our bodies some, too. Being physically active has [been shown to help reduce the risk of heart disease, diabetes, and certain types of cancer](#). It's also been shown to help people boost their mood and keep extra weight off!² Basically, moving a little can have some big benefits.

If you're not able to work out every single day, that's OK! As long as you're getting 20 to 30 minutes of physical activity most days of the week, you're going to reap many of movement's benefits.

Here's a pro-tip:

Being physically active doesn't have to mean going on a run or doing a HIIT routine. It can be as simple as going for a walk or putting on some music and dancing in your living room ([here are some other ideas](#)). In NS, we dive deeper into how to make breaking a sweat something you enjoy doing.

2

3

HOW WE FUEL OUR BODIES

We have control over how, what, when, and why we eat. So, if you don't like something about your current relationship with food—maybe you want to enjoy your food more, feel like you're eating the same things all the time, or find yourself eating because you're stressed—you can change it!

By participating in NS, you learn the skills you need to lose weight and improve your health without giving up your favorite foods. You'll also learn the reasons behind why we eat and when the best time to eat is.

Here's a pro-tip:

Food can be comforting, and because of this, it's easy to turn to when we're feeling stressed. The thing about stress eating, though, is it doesn't really help us feel less stressed because it's not addressing our underlying needs around that stress (even though chocolate may sometimes feel like it helps you unwind after a long day at work).

In NS, we walk you through exactly how to minimize stress eating by meeting what we call your Vital Needs. We've also put together [a list of ways you can treat yourself with some non-food fun](#) when a stress-induced snack attack strikes!



START SHIFTING YOUR FOCUS

There are a lot of other things we can control, too, like [how we practice self-care](#), how often we check the news, and how we're staying in touch with friends and family during social distancing.

The perfect time to start taking control of these things is now. Because the situation we're in isn't going to last forever. Eventually, life will go back to "normal," and we'll settle back into new routines, but we will be different, and we can turn "different" into "better equipped to handle life's challenges" if we start focusing on what we can control instead of letting the situations we're in control us.

To learn more about gaining more control over your health—both mental and physical—log in to www.naturallyslim.com/login from your smartphone or computer to watch this week's lessons.

Not a Naturally Slim participant? Visit our blog at www.naturallyslim.com for more tips and resources.

¹ <https://www.psychologytoday.com/us/blog/bouncing-back/201106/the-no-1-contributor-happiness>

² <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>