

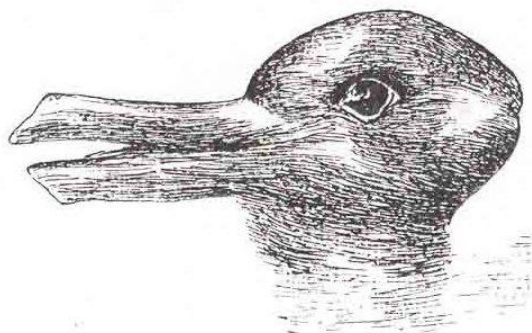
Building Resilience Week 9

It's All About Perspective

Whatever is causing you angst in the moment remember that perspective will help you keep yourself grounded. While it can be hard to not be focused on what is going wrong now, changing



perspectives and considering this in the larger scheme of life can allow us to see that “this, too, shall pass.” Try to put what is happening to you in a context of a larger world; consider whether a long-term or short-term view is more useful; reflect on lessons learned from overcoming your own difficulties and from watching others.



We can all be experiencing the same event, say a global pandemic, but people will experience it differently. Does that make any one person's experience the “right one”? No, they are just different, influenced from a different perspective.

Keeping this in mind may help us to be more empathic towards the children that are regressing or acting out, towards those whose beliefs and outlooks may differ from

ours and towards ourselves when we inevitably compare ourselves to everyone around us (and on social media).

Both physical and mental state can impact our perspective. The intensity of our emotions may not always match the intensity of the situation. A scratch on the new dining room table is not a “life or death” event....but if we are completely exhausted by the circumstances of the world, this may be the thing that sends us “over the edge”. The best thing to do at this point is to stop, acknowledge your emotions, acknowledge the crazy circumstances swirling around us, and take a deep breath. **You have the right to feel all the feelings.** Acknowledging them can help refocus our perspective. Take an issue or a person that might be troubling you currently and write down one or two other perspectives that you could imagine. How does considering another perspective affect how you think, feel, and act? We have all witnessed something with another person whose experience differed greatly from ours. This phenomenon is called the Rashomon effect. To learn more, go to http://en.wikipedia.org/wiki/Rashomon_effect.

*The Rutgers Employee Assistance Program is just a call away: 856-770-5750.
For after-hours or crisis calls please use (800) 327-3678.*