



## **Be Active in Your Life**

By Dr. Linda Hancock

### **ABOUT THE AUTHOR**

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email [office@drlindahancock.com](mailto:office@drlindahancock.com)

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I find it interesting to listen to people who are sad, afraid and immobilized because they have heard something that is sketchy which they believe is the truth. Often the source was unreliable or was just spouting off ideas that had no realistic basis. Yet, despite the fact that the message was faulty, the individuals who hear it feel victimized and in crisis.

Before you allow yourself to fall into a slump consider the following:

1. You have the power to choose what you believe. Adopting or rejecting news is something that you can decide to do at a personal level.
2. Assumptions can lead to faulty conclusions. It is very important that you do research to gather information and then use that information to form a logical and realistic theory.
3. Even when you respect someone, they might not be a good resource. My grandchildren, for example, ask me for direction regarding business, finance and leadership as well as personal problem-solving but they would never seek my advice about technology. In fact, I turn to them for wisdom about that topic!
4. Some answers take time to form. I remember a fellow therapist telling me about an expression used in the world of addiction recovery. "In time, all will be revealed". Sometimes we need to just wait.
5. Shutting down is the least healthy choice. It is very important to establish a daily routine and follow it. Eat nutritionally. Get enough rest. Contact people who you care about. Laugh.
6. Take action in the areas where you do have control. Invest your time and energy doing things that will help you to be and do well. Focus on the tasks that will improve your life today and for the future. That might be as simple as organizing a drawer, setting up an investment plan, learning a new language or going for a walk.
7. Resolve past issues so they don't pile up. If you have a disagreement with someone, air it ONCE and then let it go. Learn to forgive others and yourself. Writing out a grievance will help you to give it a beginning and an ending rather than having it loop around and around in your brain.
8. Know that your world is much smaller than your range of influence. Most people have never been in the Middle East or on other continents. Just because they are having problems doesn't mean that you are responsible to solve them! Or even to let them control your thought life.
9. Consider our history. We have lived through wars, illnesses, poverty and hurt as a nation and as individuals. We survived!
10. Trust those who are trustworthy. On a micro level we can trust ourselves as well as some of our family and friends. Our communities provide organizations for different needs. Our country funds and trains military operations. And perhaps you believe in your heart that there is a power greater than all of these. You are not alone!

All of the above, need your involvement in order to be effective. Time to start taking an active role in your life!