

Practice acceptance

The natural tendency to avoid stressful thoughts and feelings makes us suffer twice: the stressful situation itself, and our resistance to it. For example, you feel stressed because of a deadline and think, „I hate feeling so stressed“. The primary stress is about time pressure. The secondary stress is feeling „I wish I was not so stressed“ ... the solution is acceptance. Let the unpleasant situation or emotion be as it is, without trying to change it or push it away. This is the first step of accepting the reality, by letting go of what you cannot influence and not dwelling on it.