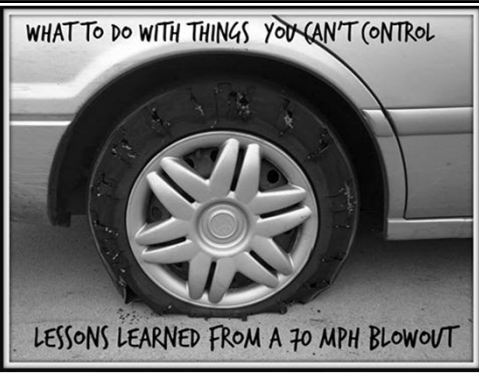


What to do with things you can't control. Rhonda Lawes MS, RN, CNE

*A practical session for understanding, reframing,
and overcoming personal and professional challenges
outside of your control*

WHAT TO DO WITH THINGS YOU CAN'T CONTROL



LESSONS LEARNED FROM A 70 MPH BLOWOUT

The Challenge of Nursing Management



"strength-weakness
paradox,"

The Control Freak Quiz

Use 1 = Rarely or Never; 2 = Seldom; 3 = Sometimes; 4 = Often; and 5 = Very Often.

- ☐ 1. Do you "help" other people drive - tell them what route to take, when to turn, where to park, remind them that the traffic light has changed?
- ☐ 2. Do you devote a lot of attention and energy to keeping your personal environment organized?
- ☐ 3. Do you give people a lot of "shoulds" and "oughts" - unsolicited advice, suggestions, and "constructive criticism"?
- ☐ 4. Do you have lots of personal rules, routines, rituals, and ceremonies?
- ☐ 5. Are you the one who takes over and orders other people around when the situation seems confused?

The Control Freak Quiz

Use 1 = Rarely or Never; 2 = Seldom; 3 = Sometimes; 4 = Often; and 5 = Very Often.

- ☐ 6. Do you dislike depending on others, accepting help from them, or allowing them to do things for you?
- ☐ 7. Do you insist on "being right," having things done your way, or having the final word?
- ☐ 8. Do you "over-plan" simple activities?
- ☐ 9. Do you find it difficult to admit making mistakes, being wrong or misinformed about something, or acknowledging that you've changed your mind?
- ☐ 10. Do you become angry, irritable, or anxious when someone or something makes you late, when things don't start on time, or things don't go according to plan?

Make a list of the most "Out Of Control" areas in your life today

Unconscious Needs

Fear of loss
of control.

Power
needs

The Illusion of Control

Mental Energy

Where is your biggest investment?



The most common challenges to mental strength





O Jumping to conclusions

O Negative interpretations without actual evidence

O Emotional reasoning

O Believing the way you feel reflects reality

O Labeling yourself

O Based on mistakes and perceived shortcomings



All or nothing thinking

O No middle ground – less than perfect = total failure

O Overgeneralization

O Generalizing one negative experience to be true forever

O Negative mental filter

O Diminish the positive – highlight the negative

Resolving Niagara Falls Syndrome



**Sinking is not an option.
If you can't swim – figure out a
way to float.**

Sean Barger -- Resilience

7 Keys to Resilience

- Purpose
- Motivation
- Realistic Goals
- Preparation
- Focus
- Self-Awareness
- Sustaining/Persevering

○ Source: Resilience: How not to be defeated. By Sean Barger

7 Keys to Resilience

- Purpose
 - Success, contentment, and happiness
- Motivation
 - Internal motivation – fueled by a clear purpose
 - Unmoved by extrinsic factors (adversity, trial, and competition)
- Realistic Goals
 - Keep level
 - Extremes distract – compliments/criticism

***If your skills are practiced
and prepared, variables that
are out of your control will
not defeat you –
Resilience by Sean Barger***

Source: Resilience: How not to be defeated. By
Sean Barger

Preparation

- O Proactive – ready to
- O adjust
- O Absorb
- O react

***Does this move me
closer to my goal –
Resilience by Sean
Barger***

Source: Resilience: How not to be defeated. By
Sean Barger

Focus

- O Consistency
- O Recognize what distracts you
- O Emotional self-regulation
- O Be uncomfortable

***Know yourself well enough to
know what makes you mad,
motivates you, and what creates
negative energy for you.
Resilience by Sean Barger***

Source: Resilience: How not to be defeated. By
Sean Barger

Self-Awareness

- O Get uncomfortable
- O Find people “better” than your current performance

Sustaining

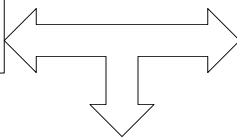
Sustaining pushes when there's no external stimulus or with limited signs of gratification.
Resilience by Sean Barger

Source: Resilience: How not to be defeated. By Sean Barger

○ Nothing worth working towards comes fast – don't be distracted by temporary happiness

Reframing Your Focus

Your
Thought

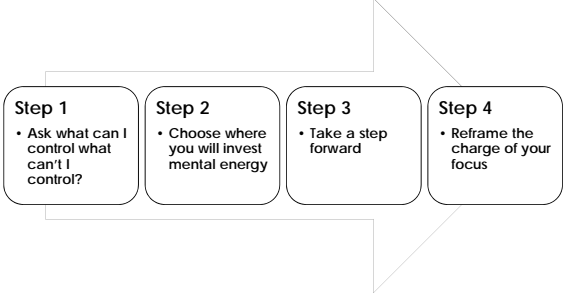


Your
Response

Opportunity to Reframe

1. Demolish
2. Nurture

The 4 Most Important Steps You Can Take to Make Progress When Out of Control

- 
- Step 1**
- Ask what can I control what can't I control?
- Step 2**
- Choose where you will invest mental energy
- Step 3**
- Take a step forward
- Step 4**
- Reframe the charge of your focus



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