



MANAGING  
THINGS YOU  
CAN'T CHANGE  
IN YOUR  
PERSONAL LIFE

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# Managing Things You Can't Change in Your Personal Life

Learning how to manage your emotions and the things you can't control takes a lot of time and practice. But it is rewarding in the end. You'll learn how to establish a healthier sense of control over your actions.

Life is about moving forward and doing everything you can to be the best version of yourself. It's important to make sure that you are taking that time to work on your own personal growth.

Acceptance is a big part of managing your life, and letting go is something you'll have to do. You will have to teach yourself to prioritize your problems, and laugh off the things that are just out of reach. This will only make you stronger, and it will open your eyes to the experiences and problems other people face.

## Detach from Things That Aren't Your Problem

Life is all about picking your battles. Some problems are too big for you to tackle all on your own. And some of those problems are probably not your own, just ones that people close to you have dumped on you in order to lessen their own burden.

What you must learn is that other peoples' problems are not your responsibility. The only way people can learn is when they work on themselves and try to become better people.

You can't fix other people. Although you may want to do everything you can to save them and build them up, it may not always be possible. Some people don't want to change, and some people make their problems bigger than they actually are.

No matter what, it isn't up to you to change others and turn them into the best versions of themselves. If you take on too much, you may start to feel suffocated and overwhelmed.

Detaching from those problems will help you in the long run. It will help to ease some of the stress of life and allow you to focus on yourself. If you spend all of your time fixing everyone else and taking on problems that you aren't supposed to take on, you'll end up losing that time and a part of yourself.

There may even be some people in your life who constantly bring you their problems. If you try to detach from those problems and set boundaries, they need to respect that. If you find that they don't respect your boundaries and still want you to fix their life, it may

be time to break off the entire relationship, in order to protect yourself from unnecessary stress.

## **Use Positive Affirmations to Reinforce a Better Outlook About Things**

Positive affirmations may seem repetitive or boring, but they are meant to build you up without you even realizing it. You can use positive affirmations as a tool to lift yourself up and find a new level of positivity within yourself.

When you accept that things in life can't always be fixed, especially not right away, you must face those things with a good attitude. Here's a list of positive affirmations to try:

- **Affirmations for self-love**

Learning how to love yourself isn't an easy task, and it doesn't happen overnight. But you can slowly train your mind to respect yourself if you enforce a positive and open mindset every day using affirmations like these:

- My goal is progress, not perfection.
- All I need is within me right now.
- I can deal with whatever comes my way.
- I can be whatever I want to be.
- I am constantly growing and evolving into a better person.

- **Affirmations for appearance**

A lot of people struggle with their body image and feeling good about the way they look. Focusing on statements that promote love for your physical appearance will help you see the true beauty that you hold, so try things like:

- I am beautiful.
- My body deserves love.
- I accept my body the way it is today.
- I look exactly the way I am supposed to.
- I deserve to feel good in my skin.

- **Affirmations for success**

Before you start your daily tasks for work, give yourself the time to state some affirmations. These will help you prepare for your day and encourage you to do your best:

- I am inspiring people through my work.
- I am filled with focus.
- Today will be a productive day.

- I will keep trying.
- My struggles are opportunities.
- Affirmations for acceptance

Learning to let go isn't easy - especially if you are known to be hard on yourself and judge your own actions harshly. Acceptance is a great way to break off from stressing over things you can no longer control, so use these:

- I choose to let go of the past.
- I release myself from the weight of my regrets.
- I finish what matters and let go of what does not.
- I can let go and move forward.
- I tried my best today, and that is all I can do.
- Affirmations for gratefulness

Training your mind to appreciate the greater aspects of your life will allow you to embrace a positive mindset that will empower you throughout the day, so use some of these:

- I am grateful for everything I have in my life.
- I am living with abundance.
- I am grateful for the life I have been given.
- I embrace the world around me.
- I am grateful for my health.

To experience the full glowing effect of every positive affirmation, it's ideal to start off your day with some affirmations. Even if you just look in the mirror while you get ready and state some of the affirmations that you have been practicing, it will add a positive perspective to your day.

If you are feeling drained later on in the day, it may be a good time to refresh yourself with some affirmations. The goal is to reaffirm positive thoughts and a mindset that will lead you towards happiness and productivity.

## **Be Content with Imperfections in Life**

Some things are simply out of your control. Whether there are issues with finance, relationships, your home, or your body, there are some problems that you won't be able to fix.

Finding a level of acceptance will ease the burden that these imperfections have on you. There are greater things in life to focus on, and the constant worry and negativity will only bring you down.

No one has a perfect life. Everyone struggles with imperfections and insecurities in their life. Ups and downs are common throughout everyone's story, and some are simply inescapable.

Try to refrain from raising others up on a pedestal when they may be going through just as much as you are. A lot of people have learned to fake perfection in order to impress others.

Social media is often used as a veil to cover up the insecurities and real problems many face. The ability to apply some simple edits, a filter, and a pose, just to make everyone think that you are perfectly fine, can become quite addicting.

It makes you appear as collected and in control of every aspect of your life. That image that people put out is unrealistic. Life will never be perfect to anyone, and those standards don't exist in the real world.

Try to embrace your imperfections by accepting that some things will remain out of reach. You can't control how others treat you, and you can't control every part of where your life is right now.

## **Learn How to Handle Your Emotions**

It's more than natural to have many emotions, even the negative ones. But becoming a reactive person will only cause damage in your life. When you lash out at others, it makes a big impact on the way that they view you.

An outburst will only cause more problems, and never helps to resolve a tense situation. When you feel your emotions get the best of you with anger or rage, try to exercise. Feeling intense anger will get your adrenaline going and your heart pumping.

To wear yourself down and burn off some of the anger you feel, you could try exercising. Whether you go for a light jog or lift weights at a gym, you'll be able to express your emotions without taking them out on someone else.

Also, working out will make you happier and reduce stress, which could help you manage your emotions better. Take deep breaths. Focusing on your breathing is a great distraction that will bring you down from that high rage point.

Count each breath, and concentrate on the movements of your chest as you filter oxygen through your lungs. Listen to music. If you just want to focus on the anger until it fades, you could listen to intense music and scream your emotions out.

But if you know that you need to relax and calm yourself, create a playlist full of songs that you enjoy and ones that make you happy. This will help you switch gears and tear away from the anger that was building up inside of you.

And if you are the kind of person who enjoys dancing, dance it out with the music you hear. Take a moment to refocus on the issue at hand. When you feel angry, it begins to cloud your better judgment.

Take a moment to step back and focus back on the task at hand. If you have a goal and need to accomplish that, make sure you keep that in the forefront of your mind, and push the anger to a different place.

You may miss out on opportunities if you lose focus of your priorities. Pause before speaking again. Sometimes your second thoughts are much nicer than your first ones. If someone is making you angry or irritable, you may want to snap at them.

If you pause and allow the angry thoughts to circulate, you can think about what you want to say next. This pause gives you a moment to calm down, and plan out how you want the situation to go.

Separate yourself from the situation. If you feel like your emotions have boiled to a point where you might say or do something you'll regret, it's more than okay to take a moment and exit the situation.

If you can simply step outside for a second, or head to a room to collect your thoughts, you will be able to handle things in a more appropriate manner. Once you've removed yourself from the area, you can then calm yourself down and find a way to relax.

Change the topic. If you know that the conversation will only lead to argument and rage, feel free to change the topic. Take the conversation by the reins and lead it towards a much more pleasant place where you don't have to experience those negative feelings.

With sad emotions, take a short walk. Sadness will only get in the way of your productivity and positivity. To put yourself in a better mood, consider going on a walk. You'll be able to get some fresh air, have some alone time, and explore making your own decisions.

If you are feeling like life is completely out of your control, you can find joy in making every decision on your own on a walk. Watch something humorous. To cheer yourself up, you could watch a comfort movie or show that will bring you towards a better mood.

Sometimes you just need a relaxing evening to charge your battery. You deserve to take care of yourself and lift yourself into a better mental state. Reach out to someone. No one should have to go through their struggles all alone.

Reach out to someone you trust to talk things through. Sometimes all you need is a listening ear to feel better about the situations that you are in. Even if they don't understand your struggles fully, they can at least sympathize and give you a shoulder to cry on.

Get a healthy amount of rest. Sleep is very important for someone who is feeling down. It will help reenergize you and will improve your physical health as well. It's important to make sure that you aren't oversleeping.

Oversleeping can cause more fatigue and a stronger level of sadness may hit you. And if you are working all day and feel exhausted, take a small nap, so that you will be ready to jump back in when you wake up.

While you work to handle your emotions, make sure that you aren't just bottling them up. You are allowed to feel things, even if they aren't pretty. Everyone is human, and feeling angry or sad is just a part of the living experience.

And if you are still feeling negative after trying some of these methods, give yourself some time. Sometimes time is all you need in order to get yourself into a better head space.

## **Look Forward, Not in Your Rearview Mirror**

Moving on can be a challenging task. The past can't be undone, no matter how much you may hope and dream. Living with regret is normal, but you can't allow that regret to overcome you.

You must accept that there are some things in life that you will have to let go of. It's easy to look back and reminisce on the times when you were younger and had less problems, but that won't get you anywhere in life.

The past will always fall behind you. Even if you aren't ready to, time will move on for you. You have to let nature take its course and put yourself into the present. If you spend your days full of bitterness and resentment towards a past you, you'll never be able to be anyone other than that person.

Leaving the past and working on your own personal growth will help you become the person you were meant to be in life. Focus on the new opportunities in life. You have to let go of your past wrongs and figure out what you can do right, in the present.

Learning to live your life in the moment will greatly improve the quality of your life. You will be able to focus on your current words and actions and the way they impact others. Focus on what you can do now in your life to improve your career, mental health, relationships, and overall happiness.

Forge ahead to make your story your own. Concentrate on your future and the things you have planned ahead. Think about all of the goals and dreams you have to look forward to, and what you have to do to get there.

The best way to improve your life is to improve yourself and the way you view yourself. The future is yours to live out, and you get to build yourself into the person you want to be. If you work as hard as you can and focus on the things that truly make you happy, you will find that a lot of the other pieces will fall into place.