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"Quotes"

"I'm incredibly impressed by people who organize to achieve a goal, and believe that they can make a difference and then go ahead and do just that. I think it's incredible."

~Fiona Apple

"Continuous effort -- not strength or intelligence -- is the key to unlocking our potential."

~Winston Churchill

"Don't waste any time mourning -- organize"

~Joe Hill

"Walk away from it until you're stronger. All your problems will be there when you get back, but you'll be better able to cope."

~Lady Bird Johnson

"Planning is bringing the future into the present so that you can do something about it now."

~Alan Lakein

Dear Friend,

Don't Bother Me; I Can't Cope

My mom has always loved the theater. And so, as a girl growing up in northern New Jersey, I cut my teeth on the half-price line for Broadway shows and ventured to off-Broadway (and sometimes off-, off-Broadway) productions with regularity.

One 70's musical, and especially its title song, rings in my head to this day. I can hear cast members recalling annoyances, struggles, or injustices that they'd faced, and then singing the hook with great enthusiasm: *"I Said Don't Bother Me; I Can't Cope!"*

Been there? Ever want to shout out (or sing out, if you're in Broadway musical mode) those words? Yeah, I have too (which is probably why the song still resonates some 40 years later).

So, how do you cope when you're passed over for recognition? How do you cope when family members come together for the holiday and hardly make it through the door before they start pushing emotional buttons? How do you cope when you've got 50 hours of work and only 24 hours in a day? Read on. In this month's edition of **EA Insights**, let's explore four ways to cope when you feel your temperature rising.

All the best,

June

June Melvin Mickens
Executive Advantage, LLC

Temperature's Rising: 4 Ways to Cope

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Executive Advantage, LLC

*Work's mounting
Bills are piling
Family's coming
Temperature's rising*

How do you cope? You do just that **C-O-P-E!**

Concentrate on what you can control.



It sounds trite, but it's true. There are things in life you can control, and there are things in life that you can't. Recognizing the difference is critical.

So, when you feel your temperature rising, take a step back. Determine if the situation, or if aspects of the situation, actually can be impacted through your efforts. If so, that's where you want to start. But, if realistically, your attention to a matter is unlikely to affect it in any way, or in a measurable way, why expend valuable energy on it?

Organize.

Frustration increases in chaos. So, a good way to begin regaining composure and balance is to organize. Sort through; try to gain some semblance of order in your space. Whether physically, emotionally, or mentally, put things, events, and sometimes people in their proper places in your environment or in your thinking. As you do so, you will begin to see the situation around you more clearly, and that helps to reduce the tension.

Plan how to approach the situation.



Shooting from the hip may seem the natural or most expedient approach to a troublesome situation, but in the long run, it yields regret. Now, planning doesn't have to mean putting together a 50-page strategy in reaction to a matter that's ticking you off; however, a little thought wouldn't hurt about your response and how to accomplish the best possible outcome for all involved. Investing some time (even just pausing a minute or two) on the front end to think through pros and cons could save time,

money, relationships, etc. on the back end.

Encourage yourself along the way.

I don't know about you, but there are times when I fall into the trap of perfectionism -- trying to create that perfect job, family, project, whatever. Well, there's no such animal (and, if there were, it would stop being perfect the moment any of us joined). Sorry, but true.

The reality is that it's an ongoing challenge to work with others and to accomplish anything together...to coexist. Some days you'll do well, and so will the people around you. Other days...well, it'll require a little more effort. So, encourage yourself along the way. Recognize the times when you pull off not reacting negatively to something that would have pressed a button and sent you reeling previously. Catch yourself when your *resolve* starts to *dissolve*, and applaud yourself for noticing the beginning of a downward spiral before it was too late. Perfection is impossible, but progress...continual progress... is impressive. And, it deserves a cheer.

Here's to you, and here's to better coping!

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"Nobody says you must laugh, but a sense of humor can help you overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the day."

~Ann Landers

"Although strength should fail, the effort will deserve praise."

~Sextus Propertius

"Success is steady progress toward one's personal goals."

~Jim Rohn

"Life is not what it's supposed to be. It's what it is. The way you cope with it is what makes the difference."

~Virginia Satir

"Everybody has a hot button. Who is pushing yours? While you probably cannot control that person, you CAN control the way you react to them."

~Unknown

"I worry about the things I can affect, and the things I have no control over I move by."

~Lenny Wilkens

About Executive Advantage

At **Executive Advantage**, we are committed to providing results-based business and management consulting, leadership development, and coaching support. We partner with business leaders to build healthy, well-functioning organizations, where goals are met and people thrive. We also partner with individuals to create professional (and personal) lives with clearer direction, improved results, and greater balance.

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