

Mindful Monday, September 14, 2020

*"I realized that it's insane to oppose it. When I argue with reality, I lose—but only 100% of the time."
- Byron Katie*

Our current reality can be difficult to digest. Some of us can accept the currently reality while some of us are fighting with it. Others may find they are doing both. There may be those who are optimistic a return to normal is right around the corner, while others, have more of a long view. Over the next two weeks, we examine these continuums in the hope they that lend insight into our navigation through the present.

"Just accept it," seems like a simple phrase, but many of us know that there are times when we are not friends with our reality, when we are in a full out fight against what already is. This ongoing banter with reality steals energy that could be used in more effective ways and drains our ability to manage the situation at hand.

Acceptance takes work, but it does not have to be complicated. Nancy Colier in Psychology Today notes, *"When we practice acceptance, we're just saying one thing: yes, this is happening. That's it. And paradoxically, that yes then frees us up to start changing the situation or changing ourselves in relation to it."* She also recommends throwing out the word acceptance and instead suggests using phrases like, *Can I relax with this?; Can I be with this as it is?; Can I agree that this is the way it is right now?* We don't have to be ok with the situation or like it, but acknowledging what is happening for what it is can help us connect to the present moment and enable us to exhale so we can get on with the business of living.

Nancy's [complete article](#) is a quick read and full of helpful information including an outline of myths and misconceptions around acceptance (spoiler alert you don't have to be ok with the thing you are accepting) and quick tips on how one can practice being ok in a situation that really is not that great.

Additionally, this [article in Inc.](#), suggests 11 different ways to cope with reality including acknowledging the situation for what it is.

Finally, practicing mindfulness can help us be calm and more present. For an overview of basic mindfulness practice and links to additional resources, check out this link to [Mindful Monday from June 1, 2019.](#)

