



# Coaching to Evolve

Control what you can  
Control

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Isolation, as is experienced now, can cause stress and anxiety to varying degrees. So how do you cope with those feelings as it seems likely that we will be isolated for some time yet.

It is really about

- controlling what you can control,
- doing something that you can control,
- and letting go of what you can't control.

There is no doubt that the isolation period has had a huge effect on our lives, and that leads to a question. Have you evaluated the impact of the isolation on your purpose, on your goals, on how you plan to achieve those goals and purpose?

Re-evaluation of your goals and a new or revised set of actions that you can execute, will help reduce feelings of anxiety and instead create feelings of excitement. Excitement symptoms are almost the same as anxiety - stomach churning, face flushing, high pulse and heart rate. To counter the anxiety feelings, the context has to change, hence managing the impact of the isolation.

The most important context for any emotion is inside the head; the mind can create its own context. So go ahead, work out what has changed, reset your goals and purpose, and reduce those feelings of anxiety.

## Stress makes you stronger doesn't it?

Friedrich Nietzsche said:

“What doesn't kill you, makes you stronger.”

Actually, he said it much more eloquently: “That which does not kill us, makes us stronger.”

So it would seem like a good idea to generate some stress, if you haven't already. But how much stress can you endure before it becomes harmful, as I've certainly experienced in the past?

I am no expert, but some of the physical signs of too much stress include: pain or tension in your head, chest, stomach, or muscles.

Some of the emotional signs of too much stress are: depression, anger, irritability, restlessness, or feeling overwhelmed.

Dealing with stress comes down to having control over our lives, by controlling what you can, and letting go of what you can't. So when a huge change enters your life like the social and business effects of isolation, and subsequently your life appears to be spiralling out of control, control the impact by re-evaluating how you will achieve your goals and purpose.

My own experience is that I was fretting about my coaching business during the isolation period, but I made a conscious decision to accept the situation and look for ways to move forward. I am using the time to prepare new products which I have wanted to do for a while, and to offer two free 40-minute coaching sessions to clients who want support in dealing with the current virus crisis.

I'm happy to offer this service to the Galley Club members, so if you feel this might help you, please contact me.

By the way, I will be presenting the 'EQ v IQ - which one takes you further?' talk when normality returns.

All the best and stay safe,

John



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