

Tips to gain better control over your mood from the LifeSpan Center

Have you ever said something out of anger that you later regretted? Do you let fear talk you out of taking the risks that could really benefit you? If so, you're not alone.

Emotions are powerful. Your mood determines how you interact with people, how much money you spend, how you deal with challenges, and how you spend your time.

Gaining control over your emotions will help you become mentally stronger. Fortunately, anyone can become better at regulating their emotions. Just like any other skill, managing your emotions requires practice and dedication.

Managing your emotions isn't the same as suppressing them. Ignoring your sadness or pretending you don't feel pain won't make those emotions go away.

In fact, unaddressed emotional wounds are likely to get worse over time. And there's a good chance suppressing your feelings will cause you to turn to unhealthy coping skills--like food or alcohol.

It's important to acknowledge your feelings while also recognizing that your emotions don't have to control you. If you wake

up on the wrong side of the bed, you can take control of your mood and turn your day around. If you are angry, you can choose to calm yourself down.

Here are three ways to gain better control over your mood:

1. Label Your Emotions

Before you can change how you feel, you need to acknowledge what you're experiencing right now. Are you nervous? Do you feel disappointed? Are you sad?

Keep in mind that anger sometimes masks emotions that feel vulnerable--like shame or embarrassment. So pay close attention to what's really going on inside of you.

Put a name your emotions. Keep in mind you might feel a whole bunch of emotions at once--like anxious, frustrated, and impatient.

Labeling how you feel can take a lot of the sting out of the emotion. It can also help you take careful note of how those feelings are likely to affect your decisions.

2. Reframe Your Thoughts

Your emotions affect the way you perceive events. If you're feeling anxious and you get an email from the boss that says she wants to



see you right away, you might assume you're going to get fired. If however, you're feeling happy when you get that same email, your first thought might be that you're going to be promoted or congratulated on a job well done.

Consider the emotional filter you're looking at the world through. Then, reframe your thoughts to develop a more realistic view.

If you catch yourself thinking, "This networking event is going to be a complete waste of time. No one

is going to talk to me and I'm going to look like an idiot," remind yourself, "It's up to me to get something out of the event. I'll introduce myself to new people and show interest in learning about them."

Sometimes, the easiest way to gain a different perspective is to take a step back and ask yourself, "What would I say to a friend who had this problem?" Answering that question will take some of the emotion out of the equation so you can think

more rationally.

If you find yourself dwelling on negative things, you may need to change the channel in your brain. A quick physical activity, like going for a walk or cleaning off your desk, can help you stop ruminating.

3. Engage in a Mood Booster

When you're in a bad mood, you're likely to engage in activities that keep you in that state of mind. Isolating yourself, mindlessly scrolling through your

phone, or complaining to people around you are just a few of the typical "go-to bad mood behaviors" you might indulge in.

But, those things will keep you stuck. You have to take positive action if you want to feel better.

Think of the things you do when you feel happy. Do those things when you're in a bad mood and you'll start to feel better.

Here are a few examples of mood boosters:

- * Call a friend to talk about something pleasant (not to continue complaining).

- * Go for a walk.

- * Meditate for a few minutes.

- * Listen to uplifting music.

Keep Practicing Your Emotional Regulation Skills.

Managing your emotions is tough at times. And there will likely be a specific emotion--like anger--that sometimes gets the best of you.

But the more time and attention you spend on regulating your emotions, the mentally stronger you'll become. You'll gain confidence in your ability to handle discomfort while also knowing that you can make healthy choices that shift your mood.

Strategies to help aging adults adapt to technology and devices

Children, adolescents and young adults likely cannot imagine a life without modern technology. Technology may have pervaded every part of life in the 21st century, but it wasn't so long ago that phones were still attached to walls and people had to watch their favorite shows and films exclusively on televisions instead of having the option to watch them on devices like smartphones and tablets.

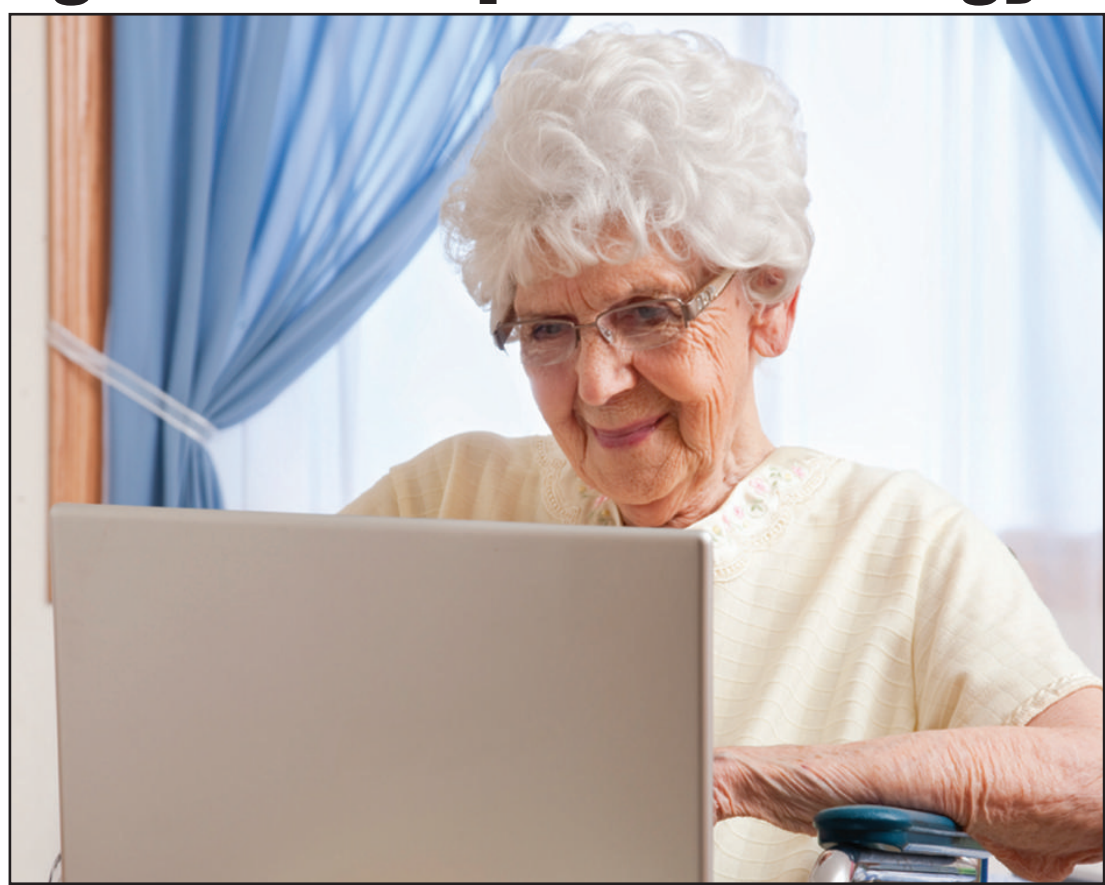
The transition to life in the age of technology went smoothly for most segments of the population, but some aging adults have had a more difficult time making the adjustment. That difficulty was apparent throughout the COVID-19 pandemic, when public health agencies like the World Health Organization and the Centers for Disease Control and Prevention urged aging adults to limit interactions with people outside their homes. Such recommendations forced many

seniors to communicate with their families exclusively over the phone or via video conferencing apps like Zoom.

If seniors have had a hard time adapting to technology, their families can try these strategies to make that transition go more smoothly.

- Go over product manuals with seniors. The senior caregiving experts at Home Care Assistance note that older adults are less likely to learn through experimentation than they are by reading instructions in the manual. When helping seniors learn to use new devices, go over the owner's manual with them as you set up the device. Mark important pages in the manual so seniors know where to go for quick answers if they experience any issues logging in or using certain apps.

- Look for senior-specific devices and guidebooks. Seniors make up an enormous segment of the population,



and tech companies have long since recognized that

there's a market for products designed specifically

for aging men and women. When shopping for devices

for seniors, look for those that have been designed to help them overcome issues that have proven problematic for aging adults in the past. Devices that feature touchscreens with large menus, easily accessible navigation tools and simplified features can help seniors as they learn to use new technology.

- Be patient. Some seniors are excited by the prospect of learning to use new technology, while others may be hesitant. Patience is essential when working with an aging loved one who's intimidated by technology. Take the time to explain apps and features and don't take it for granted that seniors will know how to use a device or recognize what a device can do.

Today's seniors may not have grown up with technology at their fingertips, but they can still learn to use devices to their advantage.

Simple technology solutions that can make your daily life easier

Technology has become such a part of the fabric of daily life that it's easy for anyone to take their favorite gadgets and gizmos for granted. It's only when power outages strike or batteries run out of power that people stop and realize just how vital a role technology plays in their daily lives.

Technology is always evolving. Whether it's system updates on a smartphone or the latest incarnation of a popular tablet, technol-

ogy does not sit still. That ever-evolving nature means there's likely a simple tech solution out there to help anyone make daily life a little easier.

- WiFi extender: The pandemic forced many people to spend more time at home than ever before. While keeping their social distance, homeowners may have noticed a few spots in their home where it's hard to get a strong and/or consistent WiFi signal. A WiFi

extender is a simple, easily installed and inexpensive way to remedy spotty WiFi signals around the home.

- Auto shut-off wall outlet: Parents who spent much of 2020 working from home as their kids were engaged in remote learning recognize that distractions ruled the day during the pandemic. Auto shut-off wall outlets can act as something of a safety net, turning off devices like curling irons and panini grills that distracted parents mis-

takenly left plugged in.

- Portable phone charger: Portable phone chargers can ensure that smartphones don't run out of juice while users are out and about. Modern smartphones do more than ever, and users rely on them to message friends and family, respond to work emails, stream their favorite songs and movies, and perform a host of other functions, all in a given day. Portable chargers are compact and lightweight, and

solar-powered varieties can be especially useful when spending a full day in the great outdoors.

- USB port hub: A USB port hub can help professionals who suddenly found themselves working full-time from home using a laptop. Laptops may or may not come with enough USB ports, but a port hub can help professionals adapt to working from home without having to change their computers. A port hub, which may

include as many as 10 ports, can ensure wireless accessories like a mouse or keyboard remain charged even when using laptops with insufficient ports.

Technology has affected every aspect of daily life. When confronted with problems in a typical day, consumers can rest easy knowing there's likely a simple and even affordable tech-based solution to that problem.

Trusted Compassionate Care

"The most important person in the room is the patient. Our job is to make it the best experience in what may not be the best situation. We work together to make that happen."

Kellie Jones-Monahan, MD, FACS
General Surgeon

Welcoming New Patients

PRESIDENTIAL

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Wilson. But Wilson's post-Presidential life was miserable, as he was largely incapacitated from a stroke he suffered in office and survived only three years.

Other ex-Presidents in poor health include Dwight D. Eisenhower, who may have suffered as many as six heart attacks, and Lyndon Johnson, another beset by heart issues.

Herbert Hoover had one of the longest Presidential retirements, living 31 years after exiting office. He continued his worldwide relief efforts to combat hunger, a departure from his im-

age of leaving victims of the Great Depression to their own wares.

Though not considered a great chief executive, Jimmy Carter has won acclaim for his global initiatives, winning the 2002 Nobel Peace Prize for his humanitarian endeavors and efforts at peace between Egypt and Israel.

Eight Presidents had no retirements at all, as they died in office -- four by assassination and four by illness.

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