

The Self-Care Mantra

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When all is said and done, you can't really control anything or anyone other than your own internal and external functioning. The rest of the world is as it is, will be as it will be, and unfolds as it does with or without your consent. For better or worse, this is the way it is. You have enough to contend with just managing your own consciousness and life.

Your consciousness and your life are more than enough to keep you busy, engaged, and challenged. So take charge of yourself, administer your affairs, and be grateful for what you have and for what you have accomplished. When you are able to remain focused in this manner, your life will become more tolerable and can even become more enjoyable.

Don't let the events of the day throw you off balance. What business is it of yours if the outside world does not function properly? Work for it to be otherwise if you can, but be sure to pay attention to what responds directly to your genuine efforts. That, and only that, is your business.

Do not invite needless distress and perturbation by insisting that others and the world must conform to your expectations or whims. Control the very small sphere that answers to your direction. As for the rest, cultivate gratitude for the opportunity to draw breath and take part in a life that you've been given.