

## 5. Remaining Flexible



During this pandemic, the way you tackle your problems might need to look a little differently to how you may have approached them at a different time or in an ideal world.

Maybe a solution you've thought of a week ago can no longer be applied or new restrictions are announced and you have to change your plans or postpone solving a particular problem.

Despite our best attempts to be proactive and cope in healthy, effective ways, we are bound to come across disappointments from time-to-time or need to learn to be OK with implementing less-than-best solutions.

Dealing with a constantly changing situation can be very challenging, especially if you are someone who tends to like being in control.

**When this happens, try to remain as flexible as you can.**

Being flexible is about being OK with doing the best you can with what you've got, instead of continuing to set yourself high standards or aiming to do your job perfectly. This can help you feel less stressed when things constantly change and are out of your control.

For instance, you may be tasked with overseeing your children's studies at home, creating a new routine with a household of housemates in isolation, or managing an increased workload if you're on the frontline.

You might not be able to do things the way you would've wanted to. Therefore, being gentle, kind and patient with yourself will help you protect your well-being during this challenging time.



### Here are some things you can remind yourself:

- ✓ "I'm doing the best I can in this challenging time."
- ✓ "I may feel dissatisfied, but it is for the best."
- ✓ "I would've liked to do things differently, but this will do for now."
- ✓ "I trust in my ability to cope with the challenges that come up."



#### References:

*The University of New South Wales  
St. Vincent's Hospital, Sydney*

*Adapted by Get into Neurodiversity for a global audience*