What Can We Control? ™

One of the easiest ways to shrink a POW (something internal or external that feels like a heavy blow) is WC². WC² is an abbreviation for **W**hat **C**an **W**e **C**ontrol? Asking yourself this question is a good way to shrink the potential and real impact of the POW. Every day at work, we know there will be POWs – some big and some small. The only thing they all have in common is that we have a choice for how to respond to them.

In our house, we have this sign up in several places. The reason that WC² is shown on a ring here is that I liken it to a superhero's secret decoder ring. Keeping this mantra in mind is the anecdote to any mental "kryptonite" that comes your way.

Feel free to cut out the image below and post it to remind yourself and your coworkers that there were still things we can do something about. You can't necessarily change the stormy and uncertain elements of the virus, but you can control a lot of other things.