

How to control the fear



In March 1933, FDR, in his inaugural address said: “the only thing we have to fear is fear itself...” which in these tumultuous times may be truer than we want to admit. How, when the world is in turmoil do you control that inner voice that is screaming out: “run, hide, eat, or even better, buy some shoes and everything will be ok!!!” (sorry boys...it’s a girl thing). As you close your eyes at night and review the day, how do you rein in that inner voice of doom and gloom?

1. You have a choice every morning as you put your feet on the floor, will I be positive or negative today? That is when a decision to view the glass as half full needs to be made.
2. Surround yourself with positive things early on in the day. I listen to my favorite tunes as I drive to work; a Motown moment puts a spring in my step. There is nothing like Diana Ross to get me singing, and it’s hard to worry when you are belting out “Ain’t no mountain high enough....”
3. During the day, accent the positive, and avoid the negative. If you have lunch every day with a “naysayer,” someone who always has a negative spin on things, it’s likely to rub off on you...so stay away. Stick with the positive folks.
4. When writing, which as a library director I do a lot, I always proof for spelling, but now, I also proof for the positive. Have I phrased something negatively that I can turn around to the positive?
5. Throughout the day, I make an effort to share the positive with peers, staff, or the board. Whether it’s a word of encouragement, a positive email, or some exciting news, good news should travel fast!!
6. Avoid media that yells doom and gloom. The television has an off button!!!
7. At the end of the day, when I am tired and begin to hear that negative inner voice again, I take my Welsh Terrier Diefenbaker for an after-dinner walk. Needless to say, in the last few months, he has been walked a lot. The end result is I push away that fearful voice, Dief is happy, and I sleep better. This makes it much easier in the morning to put my feet on the floor and decide to accent the positive!!!

Controlling my inner fear enables me to be a better library leader and navigate these troubled times.

Ain’t no mountain high enough.....

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