

Reach Out



FINDING YOUR PLACE IN THE COMMUNITY

Week 8: Controlling Irritability

A loving person is hard to offend and quick to forgive. That's how families should be, and that's how you should act within a community. When something goes wrong, a loving person remains calm and patient rather than being irritable, or locked, loaded, and ready to overreact.

Irritability is often caused by *stress*. Stress weighs you down, drains your energy, weakens your health, and can make you cranky. Stress can come about because of excessive causes, overworking, overplaying, and overspending, or deficiencies, not getting enough rest, nutrition, or exercise. Remember to **pace yourself**, rest, relax, and don't allow pressure to build up in your life. This means planning ahead for large projects (or weekly current events...you know who you are) to save the stress of dashing to completion or falling short.

Irritability is also caused by *selfishness*. When you're irritable, the heart of the problem is primarily a problem of the heart. You must choose to act in love rather than acting out of selfishness. Don't let greed guide your motivations; always be grateful and think of how your attitude affects those around you. Be quick to forgive instead of holding a grudge. Be content with what you have rather than always desiring more. Make your friends and family a priority, rather than pushing them away to spend more time on social media. Put down your phone and spend some time with the people who are physically there for you. Making decisions in love will decrease stress and irritability and will make everyone happier. Plus, a positive byproduct of controlling irritability is that the final outcome you were stressing about in the first place ends up being better overall. Take a breath, and react in love – you will live a happier, more productive life.

Challenge: Controlling Irritability

Choose today to start reacting to tough circumstances with love instead of irritation. Make a list of places in your life where you need to add quiet time – even if it means putting away your phone or computer or listening to the birds singing outside instead of your music. Consider what “good things” you should say “no” to so you can be free to prioritize the “best things.”