THE CAR UNDER PRESSURE

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In the words of Lewis Hamilton, “The way I drive, the way I handle a car, is an expression of my inner feeling,” the notion has given the idea regarding how people possess their ability to manage themselves from the environment they live in. If we think figuratively then the car is a representation of the surrounding and the driver signifies the people’s attitude or personality. The people allow the car to move. Henceforth, we have full control over it.

In comparison at work, we are the drivers and the car itself is the environment. In accomplishing our work, it is very crucial that we, individuals, are already conditioned to comply towards our duty. We could not completely organize a certain task if our body and mind do not cooperate. Since we are the drivers to get our job done, we also have the power to alter our moving. Equally, on a particular car you can redesign, change, and modify the appearance but it will challenge you along the way. In a nutshell, we could not be able to leave that easy while travelling on a difficult road yet at least we would try to adjust to keep on moving.

In order for the car to be always in good condition and smoothly rolling then the driver should eradicate stressors that might cause its breakdown. With this, the Four A’s namely: avoid; alter; adapt; and accept, of Stress Management will be indispensable to apply especially during those challenging environment.

Avoid. It is necessary for us to at least take control on our environment. We could not dictate the people who surround us yet we have an option to condition the environment that we wanted. Let us learn to say no to those people who stress us out because this is for our benefit. If we will be avoiding them then we can perform our task
peacefully and productively. In this manner, we will have lots of time to pare down the things to do at the same time we had set the mood in our workplace.

Alter. In driving a car, somebody will be able to give us their impression to how we feel. In some point of our lives, when we are angry we drive fast. On the contrary, if the driver is relaxed then the car rolls smoothly. Likewise, at work it is vital to express ourselves instead of bottling it up. We have to communicate to our co-workers for a work related matters. Another way to alter the situation is our willingness to compromise. It is how we settle dispute that is reached by each side. Setting aside our personal issues will be a great help to change the mood of the environment.

Adapt. In our workplace, we must possess flexibility to adapt with the current happenings around us. One of the ways is to adjust our standards. If we are working in a company, we opt to follow the rules of the company. All we need to do is to exert our best to complete our job. No matter how tough the situation is if we would always look on the brighter side then problems will be solved. Similarly, look on the big picture of the challenges that the environment is giving us. It will provide us the opportunity by looking on it intensely. In connection to these, practicing gratitude amidst the hard moments in our surroundings will give us a healthy disposition towards work.

Accept. We have to accept the things that we cannot change. We are only human, therefore we cannot control the uncontrollable. Accept the situation but it still depends on how we react and respond. Acceptance will set us free. Part of accepting is to build good camaraderie to others, instilling in mind that people are different and we cannot control our environment. J.K. Rowling mentioned that, “Understanding is the first step to acceptance, and only acceptance can there be recovery.” Briefly, working with full understanding in a workplace will lead to better job performance.

If the car is under pressure then the driver will take full responsibility to manage it. Life gives us spices disguised as blessing. Challenges at work let us grow and learn.
No matter how critical the road is if the driver manages it well then transition will take place effortlessly. To repeat, “The way I drive, the way I handle a car, is an expression of my inner feeling,” by Lewis Hamilton.

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