

# COVID-19 Radical Acceptance

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If you're having trouble adjusting to all the changes brought about in response to COVID-19, you're not alone. Many are struggling with feeling anxious, overwhelmed, angry and a little bit helpless. It's uncomfortable to deal with such uncertainty, and change is stressful. There are some things we don't have control over, and none of us have all the answers.

Instead of giving into feeling hopeless, one of the skills that can make it just a little bit easier to cope is called RADICAL ACCEPTANCE.

Radical acceptance is a simple acknowledgement of reality as it is—not as we wish it were, not as we think it should be, but as it is in the present moment with all of its flaws. To be clear, radical acceptance does not require that you have to like or endorse this reality as your preference. Instead, it just means “calling a spade a spade.”

When applied correctly, this skill removes the added tension that comes with judging a situation as good or bad, right or wrong, and it allows us to use our energy instead to assess our resources in the moment.

Radical acceptance helps us clarify our goals, given the current circumstances, rather than dwelling in the “shoulds” or the “if-onlys.” Radical acceptance of the present moment helps us move toward planning and problem-solving. It helps us take responsibility for what we can do, and it helps us let go of the rest.

Radical acceptance doesn't preclude you from offering feedback or making suggestions. It actually offers clarity to help you assess what's needed. It helps you take stock of your situation, utilize your skills and prioritize your resources.

Whether you know it or not, you've been using this skill to make clinical decisions in emergencies for the entirety of your career. You're used to it, and you're good at it. When used alongside the rest of your clinical skills, radical acceptance will provide clarity and a sense of direction to help us all weather this crisis too.