



Don't Sweat the Small Stuff - Part 1

July temperatures can translate into some hot and “sweaty” days. As you struggle to stay calm cool and collected, we encourage you not to sweat the small stuff.

“Don't sweat the small stuff” essentially means to not focus your energy on things that don't hold significant importance in your life, says [Sabrina Romanoff](#), PsyD, a clinical psychologist and professor at Yeshiva University.

We waste a significant amount of time and valuable energy feeling [stressed](#), angry, or disappointed over things that are not important in the grand scheme of our lives. When you feel stressed, there are biological changes in your body. Feeling chronically stressed increases the risk of heart disease and weakens the immune system and can compromise some types of memory and learning.

Dr. Romanoff suggests some steps you can take to let go of little things that may bother you:

- **Throw it away:** Research shows writing down [negative thoughts](#) on a piece of paper, tearing it up, and throwing it into the trash can help get rid of the thought from your mind as well.
- **Put the issue into perspective:** Try to gain perspective on the situation by imagining the impact of the issue one week, one month, or one year in the future. Chances are that it won't matter at all.
- **Shift your focus to gratitude:** Compare your situation to a time in your past when you weren't as fortunate, to a friend in a difficult situation, or to a person who would be grateful to be in your situation. Practice shifting your focus to all that you can be [grateful](#) for.
- **React mindfully:** If you do react to an annoying or upsetting situation, remember your values and be sure to have your reactions guided by what is most important to you, instead of reacting instinctively to stressors in the moment.
- **Don't ignore larger issues:** While reacting in the moment is not helpful, it's important to ensure that you're not suppressing or ignoring larger issues. When faced with minor stressors, it can be helpful to reflect on why they're bothering you. Becoming aware of these [conflicts](#) is the first step toward resolving them.

So, when you find yourself stressing about little annoyances, inconveniences, or unimportant things that don't go your way, try instead to let them go and move on.

If you'd like assistance with “letting go of the small stuff”, please reach out to the Aurora EAP at 800.236.3231 or eap@aurora.org.

Resources:

[What Does the Saying "Don't Sweat the Small Stuff" Mean? \(verywellmind.com\)](https://www.cnn.com/2014/01/13/living/sweat-small-stuff-real-simple/index.html)
<https://www.cnn.com/2014/01/13/living/sweat-small-stuff-real-simple/index.html>

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