

VOICE OF THE VILLAS

July 18, 2023



FROM BOARD VICE PRESIDENT LISA SCAFFORD

The monthly board meeting is cancelled this Thursday, July 20th due to not having availability at the library to host it. We will continue our regularly scheduled meeting next month on the 3rd Thursday, August 17th, 10:15am at the Jacaranda Library.



IRRIGATION:

Homeowners are not to turn on the sprinkler system from the irrigation boxes in their yards. This can cause issues with the central timer. If you are having an issue or need assistance, please contact someone on the Irrigation committee or a Board member. Thanks for your cooperation.



Emotional Intelligence

The philosopher Epictetus said “Men are disturbed not by events, but by the views they take of them.” Arising out of “The Good Life” comes the W.I.S.E.R. model for reacting to emotionally challenging situations.

Watch. Initial impressions are powerful but may be incomplete. There is usually more to see. When the impression and the emotional response start to interact, take a moment to pause and thoughtfully observe the situation to prevent a potentially harmful reflexive response. As they say in psychiatry “Don’t just do something, sit there.”

Interpret. We are all seeing the world through our own eyes -- what is happening, why it is happening and how it affects us. Our reality is not necessarily that of others. Thinking that a

situation is all about us often leads to misunderstanding. When your emotions start to bubble up, it indicates you have something important at stake -- a goal, an insecurity or a vital relationship. Figuring out what's at stake will allow you to interpret the situation better.

Select. Having watched, interpreted and re-interpreted, you must select your response. Instead of reacting reflexively out of stress, slowing down allows us to choose from more options. As "The Good Life" says "Given what's at stake and the resources at my disposal, what can I do in this situation? What would be a good outcome here? And what is the likelihood that things will go well if I respond this way instead of that way?"

Engage. Now you are ready to respond more purposefully -- aligning with who you are and what you want to accomplish. You've observed and interpreted the situation, taken some time to consider the possibilities and their likelihood of success, and you then execute your strategy.

Reflect. "How did that work out? Did I make things better or worse? Have I learned something new about the challenge I'm facing and about the best response? Reflecting on our response to a challenge can yield dividends for the future. It's in learning from experience that we fully grow wiser."

Excerpted from Michael Ettinger newsletter.



**"Just one small positive thought in the morning
can change your whole day."**

