**EAPondering - Annoying Axiom, Yet True**

A message from your Employee Assistance Program

*“It is what it is.”* According to more than one source tracking such things, that common expression is the 2nd most annoying phrase in the English language. Sounding absurdly trite and obvious, and frequently overused as a filler when one is unsure what else to say, it probably earns its distinction honestly. Unfortunately, perhaps, the statement also happens to be quite true.

Consider these notions from the practitioners of mindfulness and acceptance-based approaches to living in our world. To the extent *“It”* refers to any current situation, circumstance or reality, *“It”:*

* Doesn’t care if you or I like it, approve of it, or perceive it differently…
* Doesn’t change itself simply to accommodate our dislike, disapproval or protest...
* Isn’t the least bit sympathetic to our greatest wish (or strongest demand) that it become something other than “what it is…”

Our options when facing any situation or circumstance, joyous or catastrophic, follow the ancient wisdom of the iconic prayer: to accept things we cannot change, change things we can, and wisely distinguish one from the other.

If you would like to talk about whatever “it” may be, your UConn Health EAP provides confidential, free, professional consultation and brief counseling for faculty, staff, graduate assistants and household family members to help identify and resolve problems or concerns affecting you, your family or your job.

Call for a private appointment.

860-679-2877 Statewide

800-852-4392 (CT toll-free)