

Dissolve your Stress:

3 types of business

Hi! I'm Ellen Yale, Master Certified Coach and founder of "The Nest", an online program to help you thrive in college.

You are in the right place if you want to be prepared for college not just academically, but emotionally.

Chances are you will spend more time decorating your dorm room than you will preparing for the emotional challenges of starting college.

But having the tools to deal with change... leaving old friends and making new ones, learning to set boundaries and how to deal with challenges and upsets when they happen... that is far more valuable than a cute comforter.

In this video I want to address one of the top three concerns high school seniors have about going to college, and that is stress.

The type of stress we're going to talk about today is stress from **being in someone else's business**.

There are three types of business:
My business, Your business and God's business

God's business consists of things you and I can't control
Like weather... hurricanes and floods... and when someone dies.

There's **My business** which is everything I can control
Like what I do, how I feel, and what I think.

And then there's Your business, which is everything else.
It's all the Things other people do and think that I can't control.

Being in someone else's business causes a lot of your stress.

So, let me give you some examples of how the three types of business might show up in your life...

Let's say your roommate doesn't invite you to go to out to a party with her, but invites other people on your hall.

You might think, "She's my roommate. She should invite me."
But that's not your business.

You can't control what she thinks.

You can't control what she feels or what she does.

Being in her business doesn't solve anything, it just causes you stress.

YOU get decide who **you** like and how you feel
But you don't get to decide for anyone else.

Or another example ...

You might think, "My math teacher calls on me all the time in class. He doesn't like me."

You are getting all in his business.

You are trying to guess how he feels, which is his business.

And the truth is, you really have no idea if he likes you or not. He may just have eaten a bad burrito and it's not about you at all.

And, for that matter, it doesn't matter if he likes you or not.

Trying to decide how someone else should feel or what they should do or how they should act is being in their business.

As great as it would be, you can't make other people do or think what you want. So it's wasted energy to be upset about it.

And we all think we can!

But it's time to give that up.

Take care of yourself.

You have more than enough to handle in your own life, living in your own integrity and managing your own emotions.

Be the best YOU you can be, and the rest will take care of itself.

There are times **when it seems like someone involves you.**

I've had people say, Ellen, "He **made** it my business"

"He said I was the one in the group who didn't turn in my work on time."

Still not your business.

Other people's **thoughts about you** are their business.

That doesn't mean you shouldn't stand up for yourself.

It just means that you stand up for yourself without becoming part of the drama.

Drama is a lose lose situation.

There is a difference between being in someone's business and setting boundaries.

We'll talk about setting boundaries in a future video

The same thing is true about God's business.

Let's say there's a hurricane.

A hurricane is no one's fault.

You can't control a storm.

Worrying about a storm is a waste of energy.

You are in God's business.

You can still get to a safe place and stockpile canned foods, but you can do it without hysteria.

You can take the same action you would if you were upset, but drop your story about what **should** happen.

You may decide to think that the storm shouldn't have happened.

I hear that from a lot of people.

They say, "That shouldn't have happened to me." Or, "That shouldn't have happened to innocent people."

Well, whether it should or not is really not your business.

It happened, therefore it should have happened.

To say it shouldn't have happened is arguing with reality.

And God's business is reality.

Worrying about reality may SEEM productive, but worry's only the byproduct is stress.

And I'm not saying the results of a big hurricane aren't sad, but to spend your time in God's business... thinking that it shouldn't have happened... is a waste. You can't be as useful in helping the survivors or helping with the clean up if you are all stressed out.

If you feel sad, it is very appropriate to feel sad... in fact that 's a big mistake people make... they try to numb themselves or distract themselves to not feel sad.

So, feel your sadness completely, because a suppressed feeling just pops back up even more profoundly.

But the worry... the thoughts about the thing you can't control... like a flood... that's not staying in your business. That's the world's business.

If you are running the business of the world that leaves **you** out.

Who is in YOUR business, taking care of your life, if you are trying to control everyone else?

That is your one job.

Taking care of the way you think, feel and act.

One more example...

Here's one that's really fascinating...

When you say, "I just want you to be happy."

You are saying it out of love,

But you are still in their business.

You can't MAKE someone else feel happy.

You can't reach inside their body and make them feel a certain way or do a certain thing.

No one is happy all the time.

And maybe now is the time that person needs to feel sadness.

Maybe someone has died. Maybe it's been a really bad day.

"I just want you to be happy."...

Good intentions don't mean it's a good idea to be in someone else's business.

To quote one of my teachers, Byron Katie... "To think that I know what's best for anyone else is to be out of my business. Even in the name of love, it is pure arrogance, and the result is tension, anxiety, and fear."

Just noticing that you're in someone else's business can bring you back to your own incredible self.

Being mentally in someone else's business means living mentally outside of your own. The effect is you feel separation and loneliness.

When your parents are sad, whose business are you in?

That doesn't mean you ignore them or disrespect them.

It means you don't have to take on their baggage.

Here's something interesting to try:

Stop every five minutes and ask yourself how many times you've been in someone else's business in that five minutes.

And then ask yourself, "Did they ask for my advice?"

And usually you can take the advice you are offering and apply it to yourself.

When you are making new friends in college,

Don't try to guess what they're thinking,

Don't think you know what they should be doing.

Just be responsible for your own life and you will make deep and wonderful friendships.

Well, that's it for now.

Thanks so much for watching!

