Make a U-turn Show Notes

In this episode…

Part 1:
- Dr. Sevilla’s personal story about how her life changed dramatically and unexpectedly and how it impacted her.
- Having a good support team around you is essential.
- Don’t be afraid to ask for help.
- How an attitude change can help when things don’t go as expected: Try to be patient with your situation and with yourself.
- Focus on things in the future so you have something to look forward to.

Part 2:
- How hardships can help you grow and learn: Try to reframe your challenges in a positive light, as an opportunity for growth and to keep things in perspective.
- You can’t control what happens in your life, but you can control how you react to it.
- Make sure you take care of yourself: Self-care is especially important during times of difficulty.
- Change can have unexpected upsides.

Dr. Sevilla’s top 5 tips for making a U-turn:
1. Change is a normal part of life—try not to resist it but embrace it.
2. Be patient with yourself and with the process; change can take time to adjust to.
3. Try to focus on what you can control and not what you cannot—know that even if you can’t control everything, you can control how you react to it.
4. Don’t be afraid to ask for help.
5. Focus on what is going right and not just the challenges.

Link:
- Dr. Sevilla’s bio: uchealth.org/provider/margarita-sevilla-md/