

Resilience and Coping



A Tipsheet by Armchair Psychology

Negative experiences and subsequent grief are a part of life which we unfortunately cannot change. What we can change, however, is how we cope. We can employ methods to handle our emotions in a productive way.

Stay Connected

Keeping up social connections after a negative experience is vital to ensure you are receiving the right support from family, friends, or a professional. Find someone you can open up to about how you are feeling, to identify and control negative emotions rather than bottling them up.

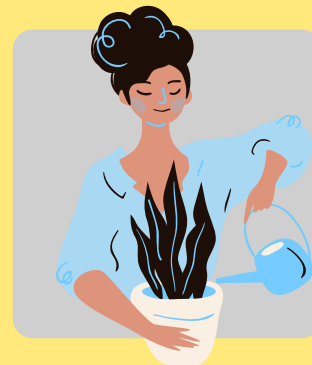


Invest in self-care

Coping with a negative experience can be extremely demanding on both your mental and physical health. If you can, ensure you keep your mind and body healthy by exercising and eating well. Try tension-releasing exercises such as yoga, meditation, or simply doing an activity you love!

Find purpose

By pursuing activities that bring purpose and meaning to your life, you can keep problems in perspective and prevent them from overwhelming you on a daily basis. Activities such as training for a race, learning a new hobby, or even making a to-do list for the day.



Focus on what you can control

Make a list of things you can't control and understand that you don't have to worry about them. Focus on actions you can take and the lessons the negative experience has taught you.