

# Coping with difficult times

We all go through difficult times in life. We have anxiety before exams, we lose our jobs or go through career setback, we struggle in relationships, we go through illness or we face bereavement.

These are times when we experience a range of emotions like fear, frustration, self-doubt, anger, disappointment or grief and they can impact on our mental wellbeing.



**If this happens to you  
DO NOT DESPAIR!  
There is always a way out!**

## SELF-CARE!

is essential in these times. Never forget: **YOU ARE SIGNIFICANT** and your mental health matters.

- ✓ Be kind, compassionate and understanding towards yourself.
- ✓ Keep breathing. Eat well. Stay hydrated. Sleep and rest. Meditate and relax. Move and exercise.
- ✓ Remain optimistic and hopeful.

## CONNECT!

- ✓ Isolating in times of hardship is not helping. Get out and remain active.
- ✓ Engage in activities and connect with your local community
- ✓ Reach out to family and friends.

## TALK!

- ✓ Let your upsets out in the air. Verbalise your emotions. Share your experiences with others. Talk to family, friends, work mates, support groups. They will help you explore your situation from a new perspective.
- ✓ Writing in your journal is highly therapeutic. It will help you clarify your thoughts.
- ✓ Seek out for professional help if you still struggle. Talking to a qualified professional will enable you understand your emotions, reduce the distress, work towards a solution and restore your mental wellbeing.

**REMEMBER:** **There is support and recovery from a mental condition is possible!**

For more resources and counselling support visit [www.thesignificantyou.org](http://www.thesignificantyou.org)