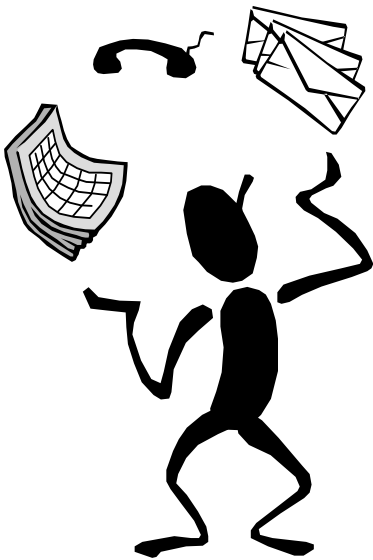


# Facing Disappointment

Handling a setback can mean taking a big step forward.

**E***ach of us experiences disappointment,*

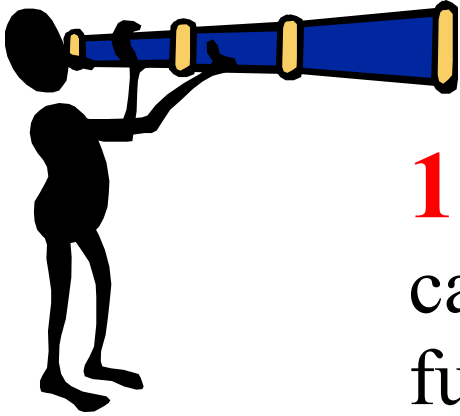


loss, and even trauma. We get sick or injured, suffer financial woes, lose contests, divorce, or struggle with relationships.

Coping with set-backs is critical to long-term health.

Research suggests that maintaining a positive attitude is the key to emotional resilience and may protect you from heart attack, stroke, depression, anxiety, or substance abuse.

*Here are some practical strategies for facing disappointment:*



**1 Avoid sudden judgments.** You can't find a solution until you fully understand the problem.

**2 Look beyond the present.** By viewing the problem as temporary in relation to the “big picture” it becomes less formidable than you thought.

**3 Take decisive action.** Gaining control of a difficult situation quickly can reduce the stress it creates.



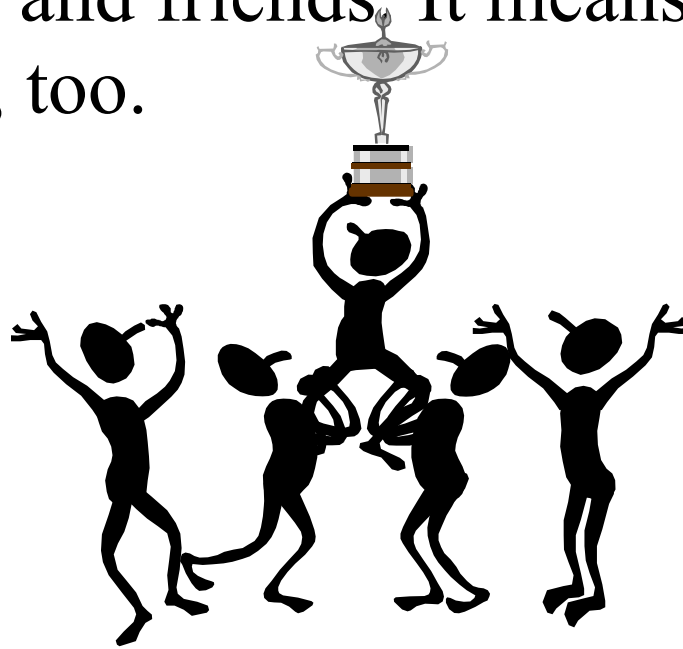


#### **4 Feel the emotion.**

Part of regaining your balance and optimism is recognizing why the setback hurts.

**5 Fix one piece at a time.** Rather than trying to resolve everything at once, progress in stages to build confidence.

**6 Count on Help.** Studies show that the primary factor in resilience is having strong, caring relationships. Maintain a supportive network of family and friends. It means helping others, too.



**7 Turn setbacks into opportunities.** For example, the loss of a job may lead to other, perhaps more rewarding, choices. People often find hardship results in better relationships or renewed personal strength and appreciation for life.

**Life's a journey. Keep walking.** Identify your own personal strategy for building resilience. That includes stepping back to reflect and reenergize so you can keep moving forward.

