Facing Disappointment

Handling a setback can mean taking a big step forward.

Each 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.