

Our greatest glory is not in "never falling", but in rising every time we fall. (Confucius)

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect - not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejections and setbacks sometimes, not just you.
They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others, and to bad luck or circumstances?

Accept what can't be changed (but try to change what you can change first)

Catastrophising exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only a part of your life.

