

Ways to Cope With Almost Anything

Sometimes life brings problems. Take care of yourself and learn how to cope now.

We all have burdens, problems and challenges. The fact is that almost all of us face problems that seem overwhelming at some time in our lives. As human beings, this is something that we cannot change. Life also has a lot of good to offer us, as well. There are things we can do to prepare for the worst and enjoy the good times on this roller coaster we call life.

We must take care of ourselves. This includes taking medications as prescribed, having regular medical checkups, eating a healthy diet, exercising and getting enough sleep. When your body is properly cared for, you will get through the stressful times in better shape.

We must also have support. We need to feel connected and that we matter to others. Sometimes it might seem better if we avoid others, but in times of distress, it is important to reach out to trusted friends, family members, spiritual leaders, counselors or others. It is up to us to reach out and make those connections. Just

as you might have learned as a child, in order to make friends, you must first be a friend. Make connections now so when the tough times come, you have the support system you need to help you get through it.

Join a sports team, a hobby group, a religious study or an organization that fits your needs. These can also include a 12-step program like Al-Anon, A.A., a group for those who are grieving or a group for people with the same hobbies you have. Support is a key factor in wellness.

Find a neutral person to talk over your problems with. This can include a counselor, a religious advisor or another unbiased person. Sometimes an open-minded view can help you put a problem in a healthier perspective.

If you find you are having trouble that you cannot handle, please call a professional, such as your EAP counselor.