

Life isn't always easy, but these tips can help make it easier for you to cope.

1

Put pen to paper

Get it all out of your head. Jotting down your feelings can help you work out what might be troubling you and give you ideas on how to improve things.

2

Talk it out

While it can be hard to open up, sometimes the best way to deal with a problem is to share it. Whether you talk to your best friend, your family or even a peer worker, two brains are always better than one.

3

Show some self-love

Making time to do the things you love is a great way to help yourself feel better. Try going for a walk, spending the day at the beach, or booking yourself in for a popcorn and movie session.

4

Look at the big picture

When you're going through a stressful situation, try asking yourself 'How important is this?' and 'Will I remember this issue in five years?'

5

Focus on the positives

If you're having some bad luck, it can be easy to feel hard done by. Instead of letting negativity take over, find at least one positive thing about the situation, and try to focus on that.

Life doesn't always go as planned.

That's why there's ReachOut – a safe online place to chat anonymously, get support and feel better.

Learn more at ReachOut.click/coping-with-the-hard-stuff

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