



Sometimes when problems strike, they seem huge in the moment and you feel that the consequences will be long lasting.

Ask yourself, "How will I feel about this in a week or a month?" If the answer is that you won't still feel as upset you can reassure yourself that, "You can get through this."



Sometimes even good things can trigger anxiety we can accidentally sabotage them than take a chance that we'll be hurt later. Good things can be permanent. Challenge yourself to create situations where good things come to you ... you deserve 'good'.



The key skill in learning to handle stress and find perspective in your situation is to be able to see the difference between a threat and a challenge that can be overcome. Check out the 'Fight or Flight' resource.