



COPING WITH DISAPPOINTMENT

In our current, daily lives, many of us may be experiencing disappointment given the circumstances around COVID-19. Celebrations have been postponed, community events have been cancelled, and something as simple as going out to dinner with family and friends has not been possible for months.

People are wired to expect the best and get what they want. When disappointment sets in, it can trigger a physiological response in the brain. Disappointment happens to us all; however, we have to acknowledge the event that caused the disappointment is in the past. We cannot change it and we should not replay the circumstances that could have gone differently.

To help relieve yourself of past disappointments and help prepare for future disappointments, it is important to remind yourself of these useful tips.

- 1. ACCEPTANCE.** Disappointment happens to all of us. No matter how big or how small, we all experience disappointment and it is normal.
- 2. REFRAME.** Try to remain objective about a situation. It may be helpful to record your disappointment in a journal, but try to separate yourself from the emotional aspect of what happened.
- 3. SELF-TALK.** Change your self-talk to be more positive and powerful. "Yes, I am disappointed, but now I need to figure out the next steps and move past this."
- 4. PLAN.** Set small goals and move confidently in the direction to achieve them. Experiencing an accomplishment improves your mood and reminds you that you can achieve your goals no matter how small or big!

CONTROL VS. CANNOT CONTROL

I CAN CONTROL
My kindness and grace
My positive attitude
Following CDC guidelines
Making the best of a situation

I CANNOT CONTROL
The actions of others
How others react
If others are following guidelines
Other people's motives