

## 56 EMOTIONAL SURVIVAL TIPS

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### GOALS: POSITIVE THOUGHTS, EMOTIONS and RELATIONSHIPS

1. Kiss negative people and negative situations goodbye.
2. No one deserves any form of abuse, disrespect or controlling. Difficult behaviour is the problem of the other person. Don't make it yours.
3. Let the days count do not count the days.
4. Learn to detach from thoughts.
5. Don't base your happiness solely on other people. Take responsibility for yourself and your actions.
6. Be yourself – be honest, with respect, about your ideas and opinions.
7. Don't compare yourself to others. They may be worse off than you think.
8. Tell yourself that you are special with unique potential and abilities to develop.
9. Don't dwell on the negative.
10. Avoid guilt when you have done your best.
11. Let go.
12. Move on. Set goals.
13. Adjust your attitude – be willing to change.
14. Take a break.
15. Change the pace.
16. Relax regularly using deep breaths.
17. Be optimistic.
18. Develop Cognitive Flexibility – be willing to examine the ways you look at your challenges, yourself, others and life.
19. Develop a personal moral compass (or principles) and a shatterproof set of beliefs.
20. Display integrity; trustworthiness and dependability. Always do your best for others.
21. Always show positive behaviour towards others. Assert your rights or needs as necessary but not in an attacking, controlling, or exploiting way.
22. Be altruistic. Have a sincere interest in others. Help and give when needed- with your abilities.
23. Find a resilient role model – someone you can learn from how to cope.
24. Find a mentor.
25. Learn to be adept at facing your fears.
26. Develop coping skills.
27. Count your blessings daily – make the most of what you have.
28. Take time for activities that enhance your mood.
29. Have a sense of humor. Find things to laugh about and laugh frequently - laugh out loud (belly laugh) for 30 seconds every day.

30. Eat right and exercise. Keep fit. Try Yoga if you can.
31. Mentor young people and volunteer.
32. Step out of your comfort zone and be optimistic.
33. Talk to a friend, faith leader, health professional, or someone that you trust.
34. Manage your stress.
35. Meditate.
36. Get adequate sleep.
37. Take rest breaks. Find some “me time” each day to reflect, meditate, plan, journal, rest and so on.
38. Make healthy connections, even with a pet! Avoid unnecessary isolation.
39. Establish and nurture a supportive social network.
40. Surround and connect yourself with positive friends, family, work and faith community colleagues. Accept that some persons can be trustworthy.
41. Avoid seeing crises as insurmountable problems. Look for opportunities and lessons
42. Accept that change is a part of living.
43. Move towards your goals.
44. Take decisive actions – only you can be responsible for your life as an adult.
45. Look for opportunities for self-discovery.
46. Nurture a positive view of yourself – accept yourself and your assets and good qualities.
47. Keep things in perspective.
48. Forgive yourself and others where necessary.
49. Find something funny to laugh about including yourself.
50. Maintain a hopeful outlook. Hurt will heal. You can grow. Opportunities will come.
51. Take care of yourself.
52. Have fun! Enjoy recreation outings and hobbies.
53. Find something creative to do and feel proud of.
54. Enjoy and interact with nature, such as plants, birds, scenery, the stars, fresh air etc.
55. Read inspirational literature and watch documentaries, use the internet – learn about life growth, and how to cope with your challenges.
56. Try to be well organized. Use to-do lists for what you want to achieve and make time for daily review and planning.

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