

10 WAYS TO OVERCOME LIFE'S CHALLENGES

1

FEEL YOUR FEELINGS

Bottling up your feelings do you harm in the long term and prevent you from processing the obstacles and challenges in your life. If you feel like crying, cry. If you feel like screaming, let it out. If you want help sorting through your emotions, we suggest journaling or talking to someone you trust. We recommend, before talking to a trusted friend or family member, that you check in and ask them if they have space to listen and support you in the way you may need.

2

MAKE A PLAN

Feel your emotions, but don't live in them forever. In order to overcome your struggles, you'll need to make a plan. Figure out what you need to do in order to overcome the challenges your facing, and know that you don't need to develop this plan alone.

3

KNOW THAT OTHERS STRUGGLE

We often feel a sense of isolation when focusing so much on our own challenges, but remember - everyone is going through something, you aren't alone.

4

REACH OUT

Asking for help isn't failing, failing to ask for help when you need it is. Don't be afraid to reach out for support, you'll find people who are willing to be there for you.

5

ACCEPT SUPPORT

Asking for help can be hard, and accepting it even harder. Let people in.



6

HELP OTHERS

Mia Farrow (American Actress, Activist, and Supermodel) says that "you can't look for happiness, you won't find it that way. Look for someone to help, and happiness will find you." Reflect on the little (or medium, or big) ways that you want to help, and find time to

7

ENJOY!

Enjoy the small things in life. Bask in the glory of mastering a new recipe. Do a victory lap after doing a 15-minute yoga class on YouTube.

8

NO SHAME

Don't be ashamed of what you've been through or what you're going through. Through these challenges, these obstacles, you're going to come out the other side a more resilient and strong individual.

9

BE PROUD

Be proud of all that you've lived through. You've made it this far in life, and that in itself is an accomplishment! Years from now you are going to look back at this time and see growth.

10

CELEBRATE!

Celebrate the good things in your life by practicing gratitude. When you wake up each day or before you go to sleep, write down 5 things that you are grateful for. The great thing is, there are no wrong answers, and nothing is too 'small'. Getting 7 hours of sleep - grateful! The comfiest of pajamas - so darn grateful! That friend who always checks in on you - triple grateful!

Source: TenTree - [10 Ways to Overcome Life's Challenges](#)

