

## Learn how to handle a setback

- Allow yourself a 'miserable half-hour' after your setback to brood over what has happened.
- Once this period is over, consign the setback to the past.
- Talk about your disappointment, as this will help you to see the experience from a different perspective.
- Re-tell the story of your disappointment to several people, as this will help to decrease your negative emotions.
- Try to laugh at yourself and make other people laugh too, to lessen embarrassment all round.
- If your life seems to lack humour in general, revive your spirits by going to see a funny film, play or comedy show
- Sometimes when something goes wrong it can be a sign that you are trying too hard. Spend time away from whatever it is you are trying to do and refresh yourself.
- Realise that setbacks are probably not very significant when seen in context with the rest of your life.
- Try to see a setback as an opportunity to learn and not a failure.

