



# **COPING STRATEGIES FOR THE UNCERTAINTIES OF LIFE**

**Presented by Military & Family Life Counselors**

# WHEN EXPECTATIONS DON'T MATCH REALITY

## You may experience feelings of:

- Shock and disbelief
- Disappointment
- Anger and resentment
- Sadness
- Worry and anxiety



# COPING STRATEGIES

- Focus on the things you can control
- Accept there are things you cannot control
- Stay present focused
- Acknowledge change can be difficult



# COPING STRATEGIES *CONTINUED*

- Avoid destructive attitudes and behaviors (attitudes are contagious)
- Practice positive self-care
- Give yourself time to regroup emotionally



# COPING STRATEGIES *CONTINUED*

- Stick with your routines
- Focus on the future by beginning to make new plans
- Keep things in perspective
- Limit exposure to television or other sources of information about upsetting events



# COPING STRATEGIES *CONTINUED*

- Take advantage of mental health resources available
- Avoid alcohol and drugs
- Stay focused on what's positive
- Stay connected with others



# SUMMARY

- Stressful feelings can occur when our expectations don't match our reality
- Acknowledge you don't have control over everything
- Focus on the things you can control
- Develop coping strategies
- Seek help when needed







**QUESTIONS?**



# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services





**THANK YOU**

