

15 Things To Do When The Going Gets Tough (Or The Road Gets Rough)



We've all had those days, weeks, or even months. Illness, job loss, relationship break-ups, death of a loved one, life transitions, caring for aging parents, and financial insecurity affect us all at some point. Whether they're voluntary or involuntary doesn't change their ability to disrupt our lives.

Doing even one of these things can help dissipate that dark cloud that seems to be hanging around.

1. **Acknowledge your feelings.**

- They're real. Neither right nor wrong, they're trying to get your attention.
- Allow them without filtering or judging, but don't dwell on them.

2. **Conserve your energy for the things you can control.**

- Don't waste your precious reserves on worry, anger, and trying to change what's outside your sphere of influence.

3. **Take a time out.**

- Breathe.
- Exercise your curiosity.
- Unplug from the bombardment of email, text messages, and sensationalized news.
- Even ten minutes spent alone can recharge your energy.

4. Smile.

- It transforms you and those around you.
- The act of smiling activates neural messaging that release a litany of benefits for your health and happiness.
- Smile at someone and they can't help but smile back, and that changes both your days. (Read: [There's Magic in Your Smile.](#))

5. Accept that you'll make lots of mistakes.

- Keep them in perspective,
- Learn from them.
- Move on. Beating yourself up doesn't change things or move you forward.

6. Measure your wealth in intangibles.

- Look at staying true to your values, your skills, and your heart
- Set aside the size of your bank account, motorcycle, or house. It's is not a measure of who you are.

7. Recalibrate.

- Compare yourself to your purpose, desires, and situation.
- Don't base your actions on other people's ideas, goals, and recommendations.
- Be true to who you are.

8. Challenge your perspective.

- List the facts, not your beliefs about how things are. (This is harder than it looks.)

9. Challenge the stories you've believed.

- Identify your deep-rooted beliefs and expectations.
- Think about cultural stories used to apply meaning to life.

10. Keep moving.

- Do something. Write down something you want to get done in the day, no matter how trivial.
- Do it,
- Cross it off your list.

11. Ask for what you want.

- Ask yourself what's the worst that can happen?
- Realize that people are usually happy to help, and you never know whom you might meet! (Read [The Art of Asking: How I learned to Stop Worrying and Let Other People Help.](#))

12. Practice gratitude.

- Give thanks for the good things in your life.
- Thank people who are kind to you.

13. List the things in your life you're grateful for.

- Make a list and keep it updated.

14. Let go of your attachment to a particular outcome.

- Watch for something good that happens when your plans change.

15. Be kind to yourself.

- Eat well
- Go for a walk, preferably in nature,
- Attend an exercise or yoga class, and
- Get plenty of sleep
- Get ready. Tomorrow will come and you want to be ready for what's ahead.

[Read the full article here.](#)

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