











EMPLOYEE SERIES

Tips on how to cope with bad or disappointing news

We all receive bad or disappointing news throughout our lives. This can be learning of your job loss, failure of an exam, miscarriage, relationship breakdown, natural disaster or death of a love one. It is understandable that receiving this information can have a devastating effect and cause your body to go into a fight or flight response. Everyone responds to bad news differently; there is no right or wrong way. Steps can be taken to help us process and cope with such information in order to make it less stressful.

-  **Reach out.** Keep in touch with your friends, family and colleagues and talking about the incident, emotions and facts. By increasing/maintaining your social supports it can promote a faster recovery and decrease the possibilities of loneliness.
-  **Take a breather.** Recognise your need for rest and relaxation. Calming activities promote mental and physical recovery.
-  **Acknowledge your pain.** By consciously and intentionally noticing our pain with an attitude of curiosity and openness we experience fewer negative emotions in the long run. When we are able to accept our negative emotions without trying to change them we are better equipped to deal with stress into the future.
-  **Repeated exposure.** Complete avoidance of memories and the experience may delay the process of recovery as it can lead you to thinking about it more. Repeated exposure to the incident, thoughts and emotions could result in neutralising the effects.
-  **Reframe your thoughts.** Find a more positive interpretation of your thoughts. You can't change circumstances that happen to you in life but by reframing your reaction and the way you view the situation it can change the way you experience them.
-  **Learn to be more resilient.** Being resilient is the ability to bounce back after a set-back. Learning not to take things personally by attributing the cause to an external factor, keeping your emotions in check, thinking positively, reconnect with your strengths and values as well as identifying your goals can all contribute to being resilient.
-  **Practice self-compassion.** This is the practice of acknowledging your own pain and suffering and responding to yourself in a kind manner. In other words, treating yourself in the same manner you would to someone else who is experiencing a similar pain.
-  **Seek professional help if needed.** If after a month your symptoms are not improving and you are experiencing a loss of positive emotions, interest in things you once enjoyed, avoiding people or places that remind you of the incident, drinking, eating or sleep disturbances contact a health professional or your EAP provider.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au