
How to Bounce Back from Almost Anything

You've likely experienced all sorts of setbacks. Some are huge and incredibly disruptive, and others are minor. Your coping skills (the way you view setbacks and how you react) can determine how easily you recover.

In this short guide, we'll go over the fundamentals of overcoming setbacks, no matter their size.

Try therapy

A therapist can help you work through any feelings you have about unexpected changes in a confidential and judgment-free environment. They can also help you identify triggers and develop skills to cope with setbacks more easily.

Book a free session with a therapist through Spring Health, your mental wellness benefit. Spring Health's providers are diverse and offer a wide range of services. Sessions are available in as little as 2 days.

[Book a session](#)



Accept your situation

Sometimes a setback is so shocking or unexpected that we have a hard time accepting that it's really happening.

Remember, it may be disappointing or even horrible, but you won't always feel like you do now.

Learn what you can

When you look for the meaning behind what happened, you may not find any satisfying answers. **Asking yourself these questions can help you identify some takeaways:**

- What setbacks have I experienced before that were similar?
- How did I make it through those situations?
- What's one thing (big or small) I can do to take a step forward?



Reframe your thoughts

Next time you find yourself entering a pattern of negative thoughts:

- Take a deep breath and recognize that your thoughts are just thoughts, not facts.
- Replace defeating, negative, or unproductive thoughts with gentle self-talk. It's easier to start this by imagining you're speaking to a friend.
- Identify what triggered the negative thoughts. For instance: when you're feeling really stressed, you may think, "I can't do this".

Give yourself a break

Real self-care is a crucial part of recovering from unexpected change. It keeps your mind and body healthy, and more capable of staying regulated while dealing with stressful situations.

Prioritize the basics:

Remember to feed yourself.

Build in extra rest time

Find ways to joyfully move your body.

See what else works for you:

Read something interesting

A great story can gently pull you outside of your head and give you a break from your negative thinking.

Spend time with friends

Cook with them, go to a show or game together, or do anything else you both enjoy.

Tap into your creativity

Paint, sing, draw, play an instrument, work on a sculpture, or do anything else creative. Try not to focus on outcomes, but on how the activity makes you feel.