

FAQ

How to Bounce Back from Almost Anything

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How do you deal with guilt about a decision you made?

Often the decisions we make in the moment we try and use our best judgment with the information we have at the time. If you're feeling guilt or regret about it in the future, take a moment to explore the reason you feel this way. Is there something you'll change about similar decisions in the future? If so, try to accept that this was a learning experience. If you're having a hard time with the way someone else feels about the decision, or wishing you wouldn't have had to make that choice at all, take a moment and identify if there's something you want to do now. Guilt isn't helpful or productive. It often just serves to punish. Try to find acceptance and grace for yourself.

How do I stop negative talk?

The first step is to stop and identify when it's happening. Once you can identify what's happening, write down your thoughts. Get clear on what you're saying. Then, write a list of realistic helpful thoughts you can use to replace the negative thoughts. Next, practice stopping and replacing your negative thoughts with realistic ones. Over time, this gets easier to do and the negative thoughts lessen.

Is there a different approach if you had no role in the events that led to the setback?

So many of our setbacks are out of our control or happen 'to' us. The first step is to take a moment and process what happened. Then, work on acceptance. Accepting your new circumstances or situation helps you access different parts of your brain, so that you can think about what you want to do. It's human to get stuck in being upset or wishing it wouldn't have happened. Those feelings are valid. However, if you can begin to create space for acceptance, it helps give you some control back and helps you focus on actions that will lead to feeling better.





When there are many many overwhelming circumstances in one's life at once, what strategies can one engage in to compartmentalize and cope?

Trying to address all at once is impossible.. Take a pause, think about each circumstance and write down the steps it would take and what is needed to conquer them.. Then prioritize which circumstance needs to be addressed first, second and so on. Try to concentrate on that first circumstance all by itself, going through the steps you have outlined. Move on to the second circumstance once you're able. If this isn't realistic, get your support systems involved. Friends and family can appreciate being there for you. Look into other resources online or in person, that can help build a team of support.

How can I settle myself enough to journal or meditate?

Take it slow, and remember that you don't have to settle yourself entirely. We can't turn our thoughts, feelings or behaviors on and off like a faucet. Start with 2 -5 minutes, and use a journal prompt or guided meditation at first. Work on creating a regular habit, even for a few minutes, and that helps build pathways that cue your body and mind to quiet and focus for longer and longer stretches.

Speak to a therapist or coach

A Spring Health therapist or coach can help you navigate setbacks in a way that's right for you.

You can book a confidential session through Spring Health, your mental wellness benefit. Sessions are available in less than 2 days.

[Book a session](#)

