

How to Cope in Harsh Times

Eve Ash, Psychologist and Founder of Seven Dimensions, provides practical strategies for coping during difficult times. Discussion includes understanding the effect of positive and negative thoughts, strategies for regaining a sense of control and planning for a positive future.

Understand your thoughts

- It is easy to feel down
- Recognise thinking patterns
- Take control of your thoughts
- Avoid self destructive behaviours, such as drinking or gambling

Take control

- Make changes that you can control and that will achieve results, eg. clean the house or tidy your desk
- The act of doing something can reinstate a sense of control

Understand your emotions

- A diary can help to understand feelings
- Observe your feelings from a distance
- Talk to someone

Move on

- Do some planning and prioritising of your life
- Take into account your whole life: health, work, family, lifestyle, etc
- Focus on a positive future
- Use a vision – develop a picture of where you want to be in the future

Bring fun and enjoyment into your life

- Go to place that refreshes you
- Helping someone else can help you to feel better