



+

•

○

# #WELLBEINGWEDNESDAY

Week 7 –Overcoming adversity

# Dealing with Adversity

We all have situations to deal with in life that are challenging, difficult and can be upsetting.

Learning to manage our response to adversity can help us to become stronger and more resilient. This will also help to reduce our stress and improve our well-being.



## Main Points



- When you think about the future, don't always assume that the worst will happen.
- When you think about the future, be a Sherlock Holmes and Put It Into Perspective:
  - Think of the worst, best, and most likely things that could happen.
  - Think of plans of attack to **decrease** the worst, **increase** the best, and **cope** with the most likely.



# Creating a plan for over-coming adversity

- [https://www.youtube.com/watch?v=4p5286I\\_kn0](https://www.youtube.com/watch?v=4p5286I_kn0)

Think of a situation you find difficult (that you are comfortable talking about) for example it could be anxiety you feel about exams.

- Identify the situation
- Identify the catastrophic belief
- Identify the worst case outcome
- Identify the best-case outcome
- Identify the most likely outcome
- Identify 3 things you can do for the most likely outcome

+

•

○

