

# How To Be Okay When Things Are Not Okay

Life is filled with ups and downs. There are moments of joy and success, but there are also times when things don't go as planned and we find ourselves facing difficulties and challenges. During these tough times, it can be hard to stay positive and maintain our emotional well-being. However, there are steps we can take to help us navigate through hard times and find a sense of peace amidst the chaos. In this article, we will explore various strategies and tips on how to be okay when things are not okay.

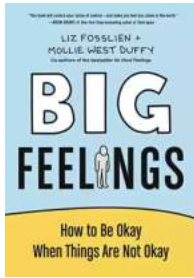
## 1. Acknowledge and accept your emotions

When faced with difficult situations, it's essential to acknowledge and accept the emotions that arise. Ignoring or suppressing these emotions can lead to further distress in the long run. Allow yourself to feel whatever you're feeling, whether it's sadness, anger, or fear. By acknowledging and accepting your emotions, you'll be able to process them more effectively.

## 2. Practice self-compassion

Being kind and compassionate towards yourself is crucial during challenging times. Treat yourself as you would treat a close friend going through a difficult situation. Practice self-care activities such as taking a bath, going for a walk in nature, or indulging in a favorite hobby. Remember that it's okay to prioritize your well-being and give yourself the love and care you deserve.

**Big Feelings: How to Be Okay When Things Are Not Okay** by Liz Fosslien(Kindle Edition)



★ ★ ★ ★ ☆	4.8 out of 5
Language	: English
File size	: 33747 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 282 pages



### 3. Seek support from loved ones

Building a support network is vital when facing tough times. Reach out to your friends, family, or trusted individuals who can provide a listening ear or a shoulder to lean on. Let them know what you're going through and allow them to offer support. Sometimes, all we need is someone to talk to and share our burdens with.

### 4. Practice mindfulness and meditation

Mindfulness and meditation are powerful tools for finding peace and calmness during difficult times. Take a few minutes each day to engage in mindfulness exercises or guided meditation. This can help you stay present, reduce stress, and improve your overall well-being.

### 5. Focus on what you can control

In challenging situations, it's easy to get overwhelmed by factors that are beyond your control. Instead of dwelling on things you cannot change, focus on the aspects of the situation that you have control over. By shifting your attention to what you can influence, you empower yourself to take positive steps forward.

## **6. Practice gratitude**

Gratitude has a transformative effect on our mental well-being. Despite the difficulties you may be facing, take a moment each day to reflect on the things you're grateful for in life. This could be as simple as appreciating a warm cup of coffee in the morning or the support of a loved one. Focusing on the positives can help shift your perspective and uplift your mood.

## **7. Engage in self-reflection**

Difficult times often provide an opportunity for self-reflection and personal growth. Take the time to reflect on the challenges you're facing and the lessons you can learn from them. Ask yourself what you can do differently in the future or how you can use this experience to become stronger and more resilient. Embrace the growth mindset and view challenges as opportunities for personal development.

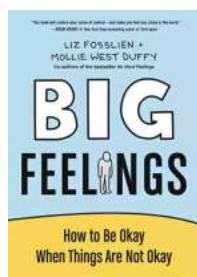
## **8. Take care of your physical health**

Physical and mental well-being are deeply interconnected. Make sure to prioritize your physical health by engaging in regular exercise, eating a balanced diet, and getting enough sleep. Taking care of your body can have a positive impact on your emotional state and overall outlook on life.

## **9. Seek professional help if needed**

If your difficulties persist and begin to affect your daily life significantly, don't hesitate to reach out to a mental health professional. Therapy and counseling can provide you with the tools and resources necessary to navigate through challenging times effectively. Remember, asking for help is a sign of strength, not weakness.

Life is a journey filled with highs and lows. Although it may be challenging to stay okay when things are not okay, implementing these strategies can help you find peace and resilience amidst adversity. Remember to acknowledge your emotions, practice self-compassion, seek support, and focus on what you can control. Embrace difficult times as opportunities for growth and take care of your physical and mental well-being. Most importantly, always remember that you are not alone, and seeking professional help is not a sign of weakness but a crucial step towards healing.



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From the duo behind the bestselling book No Hard Feelings and the wildly popular @LizandMollie Instagram, an insightful and approachable illustrated guide to handling our most difficult emotions.

We all experience unwieldy feelings. But between our emotion-phobic society and the debilitating uncertainty of modern times, we usually don't know how to talk about what we're going through, much less handle it. Over the past year, Liz Fosslien and Mollie West Duffy's online community

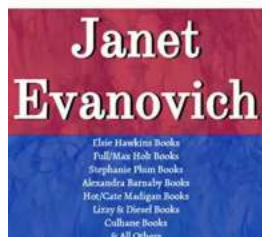
has laughed and cried about productivity guilt, pandemic anxiety, and Zoom fatigue. Now, *Big Feelings* addresses anyone intimidated by oversized feelings they can't predict or control, offering the tools to understand what's really going on, find comfort, and face the future with a sense of newfound agency.

Weaving surprising science with personal stories and original illustrations, each chapter examines one uncomfortable feeling—like envy, burnout, and anxiety—and lays out strategies for turning big emotions into manageable ones. You'll learn:

- How to end the cycle of intrusive thoughts brought on by regret, and instead use this feeling as a compass for making decisions
- How to identify what's behind your anger and communicate it productively, without putting people on the defensive
- Why we might be suffering from perfectionism even if we feel far from perfect, and how to detach your self-worth from what you do

*Big Feelings* helps us understand that difficult emotions are not abnormal, and that we can emerge from them with a deeper sense of meaning. We can't stop emotions from bubbling up, but we can learn how to make peace with them.

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