

Bad times don't last. Things always get better.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you more upset.

Nobody is perfect – not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Blame fairly. How much of what happened was due to you, to others, to bad luck or circumstances?

Accept what can't be changed (but try to change what you can first).

Catastrophising exaggerates your worries. Don't believe the worse possible picture.

Keep things in perspective. It's only part of your life.