

FACING CHALLENGES

A Self-Help Guide

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).

During difficult times, part of being emotionally resilient is checking in with yourself. As you identify things you are struggling with, you can choose coping strategies to help you stay healthy. You can also help others. To learn more, see the discussion guide "How Can I Minister to Others During a Crisis?"

■ STEP 1: IDENTIFY AND ACCEPT

How do you respond to difficulties? The following list includes ways people commonly respond to challenges out of our control. Recognize that responding in different ways is natural and part of being human. You may struggle, and that's OK. You may also respond with resilience by using strengths and resources. Check all that apply to you.

Emotional	Mental	Spiritual	Resilience Responses
<input type="checkbox"/> Denial	<input type="checkbox"/> Impaired judgment	<input type="checkbox"/> Increased reliance on God	<input type="checkbox"/> Desire to meet challenges and address difficulties
<input type="checkbox"/> Depression, grief	<input type="checkbox"/> Forgetfulness	<input type="checkbox"/> Feeling abandoned by God	<input type="checkbox"/> Finding a new definition of a "good day"
<input type="checkbox"/> Anxiety, fear	<input type="checkbox"/> Distractibility	<input type="checkbox"/> Feelings of worthlessness	<input type="checkbox"/> Greater focus on quality time with family and friends
<input type="checkbox"/> Anger, agitation	<input type="checkbox"/> Distorted sense of time, reality	<input type="checkbox"/> Finding it hard to engage in religious practices such as meditation, prayer, church attendance, etc.	<input type="checkbox"/> Increased commitment to self, family, friends, and faith
<input type="checkbox"/> Guilt	<input type="checkbox"/> Nightmares	<input type="checkbox"/> Decreased desire to live a good life	
Physical	Social	<input type="checkbox"/> Loss of hope	
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Loneliness, withdrawal		
<input type="checkbox"/> Headache	<input type="checkbox"/> Clinginess		
<input type="checkbox"/> Sleep disturbance	<input type="checkbox"/> Marital or relationship tension		
<input type="checkbox"/> Change in appetite	<input type="checkbox"/> Parent/child conflict		
<input type="checkbox"/> Muscle tension	<input type="checkbox"/> Protectiveness		
<input type="checkbox"/> Shallow breathing			

■ STEP 2: FOCUS OUR THOUGHTS

In our lives, we will experience strenuous events or circumstances beyond our control. However, how we respond and adapt to these stressful circumstances is within our control. Pay attention to your thoughts and consider how you can lead your thoughts in a healthy direction.

■ STEP 3: ACT

Identify coping strategies that work for you. Practice using these strategies in everyday life. Check the strategies below that you currently use or would like to try.

Emotional	Physical	Mental	Social	Spiritual
<input type="checkbox"/> Journal your thoughts, feelings, and experiences	<input type="checkbox"/> Drink water and eat healthy food	<input type="checkbox"/> Read or listen to uplifting books	<input type="checkbox"/> Spend time with family and friends	<input type="checkbox"/> Ponder and meditate
<input type="checkbox"/> Listen to inspiring music	<input type="checkbox"/> Get enough sleep	<input type="checkbox"/> Help children with schoolwork	<input type="checkbox"/> Play games with others	<input type="checkbox"/> Be open to inspiration
<input type="checkbox"/> Talk about your feelings	<input type="checkbox"/> Physical activity	<input type="checkbox"/> Write stories or poems	<input type="checkbox"/> Connect with important people	<input type="checkbox"/> Focus on what is most important to you
<input type="checkbox"/> Deep breathing, meditation, positive thinking	<input type="checkbox"/> Take necessary medications	<input type="checkbox"/> Write a priorities and values list	<input type="checkbox"/> Invite others to dinner	<input type="checkbox"/> Identify what is meaningful and notice its place in your life
<input type="checkbox"/> Allow yourself to cry	<input type="checkbox"/> Follow a regular routine	<input type="checkbox"/> Set short- and long-term goals	<input type="checkbox"/> Find ways to help and serve others	<input type="checkbox"/> Pray, sing
<input type="checkbox"/> Find things that make you laugh	<input type="checkbox"/> Reward yourself	<input type="checkbox"/> Seek accurate information from trustworthy sources	<input type="checkbox"/> Take a break from social media	<input type="checkbox"/> Read inspirational literature (talks, music, scripture, etc.)
<input type="checkbox"/> Spend time with pets	<input type="checkbox"/> Hug/hold and show appropriate affection with family and friends	<input type="checkbox"/> Take a break from the news	<input type="checkbox"/> Join community organizations	<input type="checkbox"/> Counsel with trusted Church leaders
	<input type="checkbox"/> Get regular medical care			

■ STEP 4: DISCUSS AND SHARE

With your family, friends, or support system, share some of your responses and coping strategies. Discuss how you can support each other. Review and practice your coping strategies whenever you feel challenged or stressed.

THE CHURCH OF
JESUS CHRIST
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