



# Staying Positive Through Setbacks

A loss of income, a missed promotion, an unexpected illness — any setback that interferes with achieving your dreams can strike a blow to your confidence. These tips can help you renew positivity and move forward.

**Choose your “self talk” carefully.** Getting in the habit of saying “I can” and “I will” rather than “I can’t” or “I won’t” can help you become more open to new opportunities, gain confidence and increase your chances of success.

**View setbacks as speedbumps, not roadblocks.** Remind yourself that life is unpredictable, not perfect, and you may need to adjust your goals or timelines.

**Be honest about any missteps.** Did you hand in work late that made you miss that promotion, for example? See where you can make improvements. Figure out what steps you can take to improve and achieve better results moving forward.

**Develop a supportive network.** Surround yourself with people who will cheer you on, remind you of your true worth as an individual and help you feel strong, not weak.

**Look at the big picture.** Expanding your view beyond yourself and your present situation can be uplifting. Jotting down all the positive things and people you are grateful for is a great way to brighten your outlook.

## Turn to Us

Stress and negativity can affect your moods, performance and even your health. But you don't have to go it alone! Your EAP+Work/Life Program offers confidential help with a full range of personal, work and family issues, including depression. Your Licensed Professional Counselor or Work/Life Specialist can provide tips to help manage your negative emotions and find resources and referrals for assistance.

**We're not an insurance company.** West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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