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in order to cope with life you need to learn how to deal with the stress and hardships of life find motivations and ways to be positive and get support from a variety of people in your life steps 1 choose your battles wisely when butting heads with a difficult person decide when it is worth your efforts to discuss the problem not every fight needs to be fought the sooner you realize this the happier your life will become ideally you there are times when problems feel overwhelming and like you might not be able to get past them but by taking responsibility for your problems and setting a path to correct them in a constructive way you can ranging from the words they say to their inability to work effectively with others difficult people can drain you mentally physically and emotionally while a better understanding of the root of their behavior doesn't erase your frustration it can help you with techniques to deal with difficult people managing anger doesn't mean never getting angry instead it involves learning how to recognize cope with and express your anger in healthy and productive ways anger management is a skill that everyone can learn even if you think you have your anger under control there's always room for improvement 1 count down or up to 10 if you're really mad start at 100 in the time it takes you to count your heart rate will slow and your anger will likely subside 2 take a breather your dealing with challenges both big and small can be stressful you may end up overreacting feeling deterred or worried about what happens next by being mindful in how you cope with challenges you become more attuned to your body it can also help you to feel more in control and less overwhelmed whether you've been dumped by your date or you've had a rough day at the office having healthy coping skills can be key to getting through tough times coping skills help you tolerate minimize and deal with stressful situations 1 create rewarding goals the weight of an obligation is something that can make a task feel impossible when you live with depression when you have to do something the pressure can make routine joy music nature socialize journaling something new volunteer gratitude meditation diet limit drugs and alcohol sleep acceptance clinical treatment faq you can take steps to

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