

When things don't go as hoped for, it's helpful to acknowledge your feelings of disappointment, stay flexible, and focus on solutions. You can cope by taking deep breaths, reminding yourself you did your best, and accepting that unexpected changes are a part of life. Shifting your perspective can also help, by seeing the situation as a chance to learn, grow, or find a new path, and trusting that what is meant for you will still happen in its own time.

How to cope when things don't go as planned

- **Acknowledge your feelings:** It's natural to feel upset, disappointed, or frustrated. Take a moment to recognize these feelings without judgment.
- **Take a moment to breathe:** Simple deep breaths can help you calm down and regain focus when you feel overwhelmed.
- **Reframe the situation:** Look for a different perspective. A change in plans doesn't mean failure; it could be an opportunity for a new or better outcome.
- **Focus on what you can control:** Remind yourself that you did everything you could. Now, focus your energy on finding solutions or the next best step forward.
- **Stay flexible:** Life is unpredictable. Being open to adapting and changing your plan can help you navigate setbacks more smoothly.
- **Trust the process:** Sometimes things are delayed or don't work out because they aren't the right fit or the right time for you. Trusting that a better opportunity is coming can reduce anxiety.
- **Seek support:** Talk to trusted friends, family, or a mental health professional if you are struggling to cope.