Bounce Back

- **B**ad times don't last. Things always get better. Stay optimistic.

- **O**ther people can help if you talk to them. Get a reality check.

- **U**nhelpful thinking makes you feel more upset. Think again.

- **N**obody is perfect – not you and not others.

- **C**oncentrate on the positives (no matter how small) and use laughter.

- **E**verybody experiences sadness, failure, rejection and setbacks sometimes, not just you. They are normal part of life. Try not to personalise them.

- **B**lame fairly. How much of what happened was due to you, to others and to bad luck or circumstances?

- **A**ccept what can't be changed (but try to change what you can change first).

- **C**atastrophising exaggerates your worries. Don't believe the worst possible picture.

- **K**eep things in perspective. It's only a small part of your life, we will get through this.