

10 COPING STRATEGIES When Going Through An Existential Crisis

MINDFULNESS

When in an existential crisis a lot of time is spent thinking about the past or the future which can lead to desperation and hopelessness. Practice mindfulness to stay in the here and now. Mediate for 5-15 minutes a day to calm restless thoughts and develop centeredness and focus.

ALTER YOUR PERSPECTIVE

Focus on the positives. Rather than considering past failures and lack of accomplishments, focus on past successes and wins. Rather than focusing on imminent death, focus on the joys and pleasures of life.

FIND MEANING

Much time spent stuck in an existential crisis is spent trying to find the meaning "of" something. Instead find the meaning "in" it instead. For example, instead of looking for the meaning of life it is better to find meaning in life.

GRATITUDE JOURNAL

Start a gratitude journal that can help significantly in establishing or reestablishing that sense of meaning. Gratitude helps us to see those things we can presently appreciate and that are presently adding value to our lives.

MAINTAIN MEANINGFUL RELATIONSHIPS

Intentionally pursue and maintain meaningful relationships. Being in a meaningful relationship with others can help to curb the thoughts that make us feel as though we cannot really know or trust others.

TREATMENT

Seek doctors, psychologists, psychiatrists, or therapists to help you to cope with the crisis. Psychotherapy, also known as talk therapy, can also be relied on as a treatment option to address symptoms of an existential crisis such as anxiety and depression.

EMBRACE UNCERTAINTY

Major events and trauma can trigger lots of uncertainty about life which can bring about an existential crisis. Stop fighting the uncertainty or trying to figure it out, which can lead to confusion, hopelessness, and other elements of existential symptoms. Learn to embrace the uncertainty.

MAINTAIN HOPE

Hopelessness is a staple of an existential crisis, so about maintaining hopeful is key. Look at life and find things that are worth looking forward to. Simple things like seeing a friend and bigger milestones like looking forward to a graduation or a job promotion.

VALUE YOURSELF

When you can see how you contribute to your family, friends, job, community, or other places and add value then you are more likely to believe that you have worth and a place worth maintaining in the world.

LET IT GO

Don't get lost in what you cannot ultimately understand instead make peace with not knowing and not understanding. Free yourself from needing to know can allow you to just live and let live, releasing you of the burden of figuring it all out.