

**10 COPING STRATEGIES**  
**WHEN YOU FEEL YOUR LIFE HAS**  
**NO MEANING OR PURPOSE**  
**Checklist**

# Purpose

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- ✓ Purpose is a highly personalized decision. Each one of us has to decide what our purpose is, but we can agree on the purpose of purpose and what it gives you.
- ✓ A purpose gives you direction.
- ✓ Having a purpose is important to your mental health and wellness and when you lack a purpose it feels as though life is unfulfilling.
- ✓ The challenge with a lack of purpose is it feels as though you can't plan your future, build relationships, or even choose a career.

# 10 Coping Strategies When Your Life Has No Meaning Or Purpose

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## Avoid Unhealthy Strategies

- ✓ There are plenty of unhealthy coping strategies you can fall back on, from avoidance and distraction to substance abuse.
- ✓ Avoid turning to alcohol, cigarettes or drugs.
- ✓ Those substances will provide you with relief. The problem is the relief is only temporary. Crutches create new problems.

## Find Yourself - Find Your Purpose

- ✓ The best coping strategy is a problem-focused one and that is to take action by finding yourself and thereby finding your purpose.
- ✓ Take active steps to be a happier, healthier person. If you are unsatisfied with any aspect of your life, then you are in need of change. You can start things off by eating a healthy diet, exercising regularly, and getting plenty of sleep. Those three are the holy trinity of managing stress and difficulty in life. You will feel more in control.
- ✓ Identify negative thoughts that are holding you back. Our brains seize on negative thoughts much easier than positive ones which is why you have to train it to recognize positivity. You can start influencing your brain by actively thinking positive thoughts.
- ✓ When you notice yourself slipping into a negative thought process, correct yourself by coming up with a few positive things in your life (pet, home, food, etc.).
- ✓ A lot of people believe that if they could find their purpose and turn it into a career that they would feel more fulfilled. If that's true for you, then this is your opportunity to explore what type of career path you believe would leave you fulfilled.
- ✓ You possess a wealth of experience and have plenty of skills, so use those to navigate purpose.
- ✓ Introspection and self-reflection offer you a wealth of insight. Begin the process of introspection so you can gain self-awareness and find your real self.
- ✓ Identify your values and beliefs. A key element of introspection in regard to finding your purpose is identifying your values and beliefs, which are always at the core of our purpose and general meaning in life.

- ✓ Make a plan. Create a list of achievable goals and put them into a plan of action.

## Acceptance

- ✓ Accept what you cannot change.
- ✓ Shift your focus and put your energy into the things you can control.

## Stress Management

- ✓ Manage stress because when you are stressed you are not in a good place and so you it will be difficult to reflect, ponder and find meaning in life or your purpose.
- ✓ Do the things you enjoy
- ✓ Do things you excel at is a way to relieve stress and get a sense of achievement
- ✓ Exercise
- ✓ Healthy diet
- ✓ Spend time with friends and family just enjoying life
- ✓ Meditation
- ✓ Yoga
- ✓ Aromatherapy
- ✓ Listening to music
- ✓ Relaxation
- ✓ Aromatherapy
- ✓ Progressive Muscle Relaxation

## Reach Out

- ✓ Reach out to a close friend or family member who you trust. By getting it off your chest and communicating your feelings and what you are going through you are taking a positive step toward processing those emotions.
- ✓ Open and honest communication leads to resolution.

## Find Your Home

- ✓ Do you have a community of people who make you feel at home? Being part of something bigger than you are can help you overcome a feeling of lack of purpose.
- ✓ A sense of belonging and recognition will provide you with a feeling of validation. It will make you feel valued.
- ✓ From social media platforms such as Twitter and Facebook to the more fluid ones like Reddit, where there are communities of people who use subcategories and hashtags to find like-minded people.

## Engage Your Spirituality

- ✓ Feeling a spiritual connection or closeness is a valuable way to find purpose or meaning in life.
- ✓ This is not limited to organized religion. It may also mean that you recognize that it's an idea, belief, or feeling that there is something greater than you in this universe.
- ✓ There's more to the human condition than a mere sensory experience, you are part of something bigger, whether it's nature or cosmic.
- ✓ In all cases, spirituality is an individual journey. What you believe is personal to you. You do not have to be a religious person to engage your spirituality. There is a multitude of ways in which you can nurture a spiritual connection, such as yoga, meditation, deep breathing, communing with nature, etc.

## Increase Self-Esteem

- ✓ The basic definition of self-esteem is simply the way you feel and think about yourself. When you lack a sense of purpose, when you feel as though life has no meaning, there's a good chance you also struggle with your self-esteem.
- ✓ Start making changes by thinking about how you treat yourself during times of difficulty versus how you treat your friends in the same situation.
- ✓ Treat yourself with kindness.
- ✓ Treat yourself with respect.
- ✓ Instead of putting yourself down or beating yourself up, give yourself a positive message to focus on.

## **Routine And Schedule**

- ✓ When you are struggling with meaning and purpose, a routine is going to be your new best friend.
- ✓ As you complete tasks and achieve things throughout your day you will experience a strong sense of accomplishment which will promote a sense of purpose or meaning.
- ✓ Sit down and create a routine for yourself. You can start from the moment you get up and add in your shower and morning routine, as well as how the rest of your day proceeds. As you finish a task give it a little tick. At the end of the day, you can review everything you have accomplished.
- ✓ The purpose of routine and schedule is to help manage stress, to build confidence, and boost your self-esteem. So, it's vital that you be realistic with your time so you are sure to achieve it.
- ✓ Once you are regularly achieving your daily routine and schedule, you can aim higher in increments. You want to boost your motivation and confidence, not tear yourself down.

## **Adjust Expectations**

With every event or circumstance comes a variety of outcomes. Any situation where you have to make active decisions means that you choose a path and there was another outcome down another path (or perhaps multiple paths). However, there may be various outcomes that stem from one decision, which does not mean it's bad, just different.

- ✓ Build your ability to adjust expectations because when things go differently than you anticipated it can feel like a train derailing before your very eyes.
- ✓ Once you're on track and feel as though your life has meaning or purpose, you want to stay on that track which means adjusting your expectations.