

10 COPING STRATEGIES When Your Life Has No Meaning Or Purpose

AVOID UNHEALTHY STRATEGIES

Avoid turning to alcohol, cigarettes or drugs.

FIND YOURSELF - FIND YOUR PURPOSE

Be a happier, healthier person – diet, exercise and sleep. Identify negative thoughts that are holding you back. Use your experience and skills to navigate purpose. Use introspection to gain self-awareness and find your real self. Identify your values and beliefs. Make a plan.

ACCEPTANCE

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

REACH OUT

Open and honest communication leads to resolution.

FIND YOUR HOME

A sense of belonging and recognition will provide you with a feeling of validation. It will make you feel valued.

ENGAGE YOUR SPIRITUALITY

Feeling a spiritual connection or closeness is a valuable way to find purpose or meaning in life. 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.

STRESS MANAGEMENT

Yoga Deep Breathing ♦ Mindfulness
Meditation ♦ Muscle Relaxation

INCREASE 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.

ROUTINE AND SCHEDULE

Create a routine for yourself. Tick off each completed task. 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.

ADJUST EXPECTATIONS

Things will not always go your way. Once you're on track and find meaning and purpose, you want to stay on that track which means adjusting your expectations.