The Expert Says—Fall 2012

Setbacks are an inevitable part of life, but you can turn a negative situation into a positive learning experience, according to life coach Bonnie Mechelle.

September 5, 2012 By Lauren Tuck

After the worst happens, what are the first steps you should take to maintain your health and happiness?

Take comfort in small things, such as having people you love, your job, even pets. Seek comfort from your friends, family and community. Find someone you can talk to, and express your inner thoughts and feelings as a way to release your pain and avoid possibly hurting yourself and others around you.

If you feel shame for a certain action, what steps can you take to overcome this feeling?

Do the best you can to rectify the situation: Send flowers, a letter of apology or a card. Find ways to make amends and re-establish trust. And remember that everyone makes mistakes. The character of a person is strengthened when he or she learns how to respond to negative emotions.

When should you seek professional help for feelings of guilt, anger, resentment and shame?

It’s time to seek help when these feelings interfere with your daily life. For example, if you’re unable to get out of bed, or if you suffer uncontrollable crying spells or develop a physical illness because of stress and anxiety.

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