Here’s to Brighter Days Ahead

Everyone suffers from misfortunes, but people do recover.

September 5, 2012 By Lauren Tuck

Falling, failing, experiencing loss and making mistakes are a normal, albeit painful, part of everyone’s lives. What’s more, so are the associated feelings of helplessness and hopelessness. But don’t despair. Another trait is just as common: resilience, a person’s ability to recover from setbacks, challenges and change.

In most people, traumatic experiences are followed by symptoms of depression and anxiety, according to Martin Seligman, PhD, director of the Positive Psychology Center at the University of Pennsylvania. But within a month, physically and psychologically, they bounce back.

What helps speed the recovery process is simple. Just take steps to resume your normal activities. This can make getting back to that comfortable place faster and easier. Lean on the things and people you love; take time off from work to relax; resume your rituals; exercise regularly; and definitely eat right. All these things can help with the process.

Also, it’s important to remember this: Every problem has a solution, and you aren’t the only one experiencing adversity.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/setback-loss-recovery-22912-3073