

How To Deal With Things When They Don't Quite Go To Plan

Description

Having a strategy and sticking to it provides a sense of security. That is the point of making plans, is not it? Things do not always go according to plan, however. In such circumstances, we are prone to feeling tense, apprehensive or even panicked. To a certain extent, being ready for whatever life has in store is preferable to living in fear of the worst-case scenario, especially when you cannot control the outcome. Things may not go as planned, and we need to be prepared, but we also need to accept that things will happen as they do. It could be that you are involved in an accident, have surgery that goes wrong and ends up causing one of many [types of brain injuries](#) or something equally as catastrophic.

Of course, there are times when an emergency arises, as well as those phone calls you would rather not receive. Many of these occurrences are, regrettably, beyond your control. Things like creating an "in case of emergency" plan with your family will help put your mind at ease if you feel like doing so. What to do if you can not get in touch with a member of your family, or where to take your children if something goes wrong. Think of anything else that can help you feel less anxious in extreme circumstances. Make a strategy that works for you.

But what do you do when things don't quite go to plan?

stressed out man, stress, worry, anxiety

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Learn to let go of the things you can not control

One of the hardest things to accomplish in life is to let go. In the long run, clinging to the past is more mentally taxing than embracing the present. It takes time, patience, and effort to learn to let go. [Deep breathing, meditation, and yoga](#) are all excellent methods for developing a practice of acceptance. As difficult as it may be, letting go is freeing and will improve your mental health.

Use negative emotions to motivate

When things did not go according to plan, did you have sentiments of bitterness, rage, or jealousy? It is totally r However, wallowing in self-pity serves no purpose. Fortunately, there is a way to turn your negative feelings into something positive. If you are enraged and envious because someone else got the job you applied for, consider updating your resume. Instead of dwelling on the mistakes of the past, attempt to move ahead. Because of this, you may get the job you have been looking for even more. And you will have a better chance of getting this job now that your [resume is in order](#).

Learn to forgive yourself

When things do not go according to plan, we tend to blame ourselves. What might we have done to make it better? What went wrong here? Self-doubt sets in even when the situation is absolutely beyond our control. Be kind to yourself and trust that everything will work out. Taking responsibility and letting yourself go is the only way to go forward. Make peace with yourself or with a loved one by writing a

letter “ you don’t need to send it, but just write it. Another excellent method for expressing yourself is through the use of a journal. It feels good to get everything out on **paper when you are feeling overwhelmed and have no idea where to turn.**

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