



"Failure" & "Rejection" are such harsh words right? Deep inside, they seem to evoke the most basic of human emotions, fear. Even worse, when this fear becomes a reality, things seem to spiral out of your control. Our self-esteem and self-worth take a major hit, and it isn't very easy to recover from.

It's not really your fault, as we humans are wired that way. Infact, studies have shown that the resultant emotional pain activates the same parts of the brain as physical pain.

But recovery can and will happen.

Here're 5 tips to recover from failure and rejection, and reclaim your life:



**1. Get Proactive & Analyse What Went Wrong -**

First you need to proactively work on the very thing that put you in this predicament in the first place. Maybe it was an exam that you didn't do well in, or an interview that you got rejected from. Sit down, and give it some thought, maybe ask for feedback from others, find out what exactly didn't go well, that led to this result. Work on remedying that.



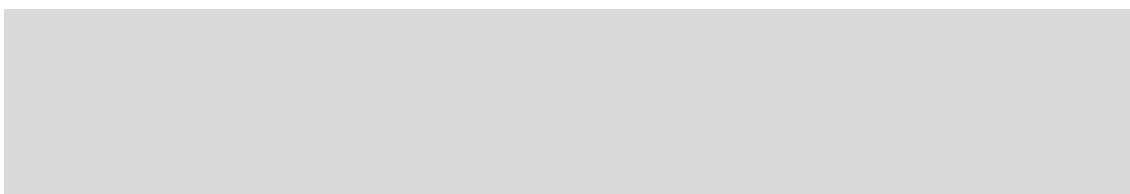
## **2. Put those Positive Affirmations to Use -**

This is an easy one. You just need to remind yourself that this one failure or rejection doesn't define you. Take a diary, or a piece of paper and write this down - "This <Insert your setback here> doesn't define me. I shall overcome this". Do it a few times everyday. Guess what? You're going to find yourself believing in this more and more every single day you practice it, and this will aid you in your recovery.



## **3. Treat your "Injuries" -**

As mentioned earlier, emotional pain activates the same portions of the brain as physical pain. So how does one recover from this? By maintaining good physical health. Get an extra hour of sleep than you usually do, map out your meals in advance, make sure that there're sufficient quantities of fruits and vegetables in your diet, stay hydrated, and exercise for at least 30 mins every day. This releases endorphins into your brain, which will improve your emotional well being.



Breathe in

#### **4. Practice Grounding Techniques**

Grounding is the feeling of being fully present in your body. To achieve this, you can practice following your breath. Basically, close your eyes, and as you inhale, trace the air as it enters your nose and goes into your lungs. Now exhale and repeat the same steps again as the air leaves your body. Do multiple repetitions of this. This will help you clear your mind, and calm your emotions.

#### **5. Keep a Gratitude Journal**

Gratitude is a powerful form of positive thinking that boosts happiness. Every day, note down in a diary, the things that you're thankful for in your life. Practice this daily, and you will see yourself recovering from your setback even quicker.

So there it is! 5 steps to overcome failure and rejection.

**If you're looking for more such ideas, it's a good idea to seek the guidance of Experts who can help you as you move on a path to a better self.**

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