



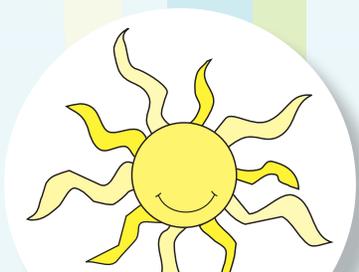
**Dealing with adversity in life is stressful, uncertain and often unbearable.**

**We'd like to help you cope with change or grief by offering a few considerations when dealing with your emotions, or the emotions of those around you.**

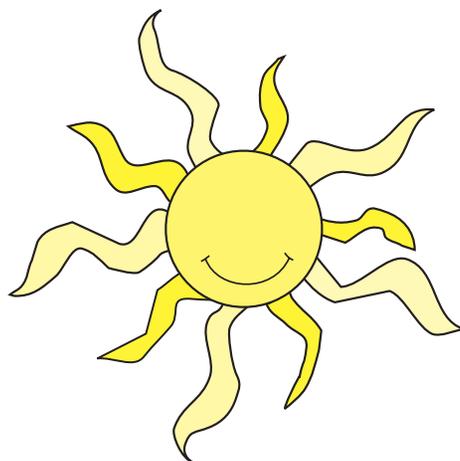
**Please visit our web site if you need more resources:**

**[www.smilelifework.org](http://www.smilelifework.org)**

***SMILE, through education, is here to help make a difference in people's lives.***



***This mission is dedicated to the spirit and memory of Craig Toribara and other precious lives lost.***



# SMILE

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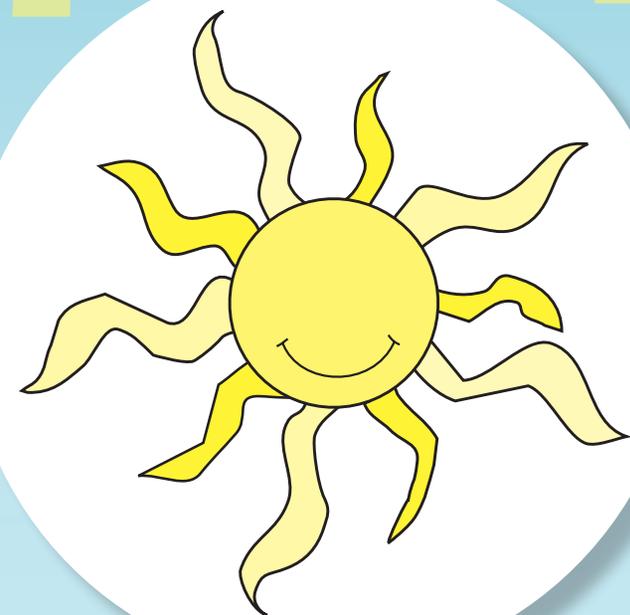
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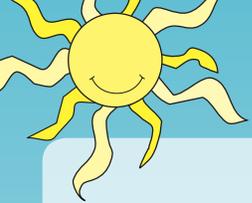
Design: Deanna Camp Art Direction  
[www.deannacamp.com](http://www.deannacamp.com)

# OVERCOMING adversity

by Christie Toribara, author  
with Susan Toribara, contributing author



# SMILE



### **Family and friends need to take care of themselves and each other.**

- Rest, even when you cannot sleep.
- Use established healthy routines/rituals and self-discipline to manage daily living.
- Do not overuse or abuse drugs or alcohol as means of numbing the pain.
- Exercise, take walks, enjoy the outdoors or places of calm.

### **All changes or loss need grieving time.**

- Allow grieving time for yourself and those around you.
- Understand that two people will rarely be at the same level of grief at the same time.
- Be compassionate and accept differences in expression of grieving, including culture and religion.
- Be nonjudgmental of another's level of grieving because it is different from yours.

### **Allow those around you to reach in and be open to give others clues, communicating what is needed.**

- Keep communication ongoing.
- Set boundaries with consideration for yourself and others also in pain.
- Believe in yourself, allowing yourself the courage as to where and when to set limits.

### **Be patient with yourself and others.**

- Do not feel the need to live up to others' expectations or self imposed ones.
- Be willing to reset goals and boundaries as you heal.

- Set realistic time lines. Give yourself time to make decisions without being rash or impulsive.
- Feeling and experiencing emotions allows each person to move through and past the pain.

### **Seek professional medical guidance when needed.**

- Refrain from feeling you must 'go it alone'.
- Make sure the professional is reputable and not someone who would take advantage of you or loved ones during vulnerable times.

### **Treat yourself and others with kindness, respect, and understanding.**

- Refrain from self judgment as it limits possibility for growth.
- Be civil in interactions and communications without judgment as to what could or could not have prevented the painful situation.
- Healing and growing from pain and adversity is like a roller coaster ride, with its ups and downs, moving slowly and moving fast. The view from each place offers a chance to see things from a different perspective.

### **Don't give other people's judgment or manipulation inappropriate merit.**

- Set your own self-image and goals. Do not allow another's bullying tactics to tear you down or determine who you are.
- Remove yourself from vicious gossip without reacting or lowering yourself to others' destructive behavior.

- Know that you cannot control other people's feelings or actions. It is what you know of yourself that matters most.

### **Adversity gives us the opportunity to grow.**

- It is all right not to have a plan; that will come with healing.
- Rational fear can occur; have the courage to deal with it productively.
- Times of change and waiting will occur; these require flexibility and patience to move forward in a healthy direction.

### **Help others when you feel you are healthy and strong enough.**

- This puts focus outside of your own pain.
- It gives you time to put things into perspective.
- Give time for healing and refocusing. Pain comes in waves, so give yourself a 'time out' when you need it.

### **Keep a sense of humor.**

- This will help ease tension.
- Be able to view your situation from a different and sometimes lighter perspective.
- It will help others to be with you.

***The greatest gift for healing is to reach out with love. The greater your pain, the greater the need is to love those with whom you interact.***

