

# LifeSolutions

## Canceled by COVID-19

### Managing disappointment



**For many of us, the COVID-19 pandemic sparks fear and anxiety. For others, it raises feelings of disappointment.**

Disappointment emerges out of an unexpected sense of loss. It is a valid and natural feeling—whether it's connected to a canceled celebration or a postponed vacation—but it can lead to great sadness and even depression if it is not managed in a healthy way.

Here are five steps you can take to work through feelings of disappointment:

#### **1. Give yourself permission to be disappointed.**

Adults are generally uncomfortable with negative emotions, and we often try to push through or ignore them.

Allowing yourself to experience disappointment and any emotions that accompany it improves your chances of processing your feelings in a healthy way.

#### **2. Find support.**

Talking about disappointment releases some of its fuel. In addition, the person you share with can offer comfort and may help you gain some perspective.

#### **3. Identify what you value.**

Disappointment—though it's tough to endure—helps you learn what really matters to you. Feeling really emotional about a canceled family trip? Upset for weeks about a canceled graduation ceremony? Dig into your feelings to get to the root of your disappointment.

#### **4. Channel your disappointment.**

Once you complete step three, channel the energy of your disappointment into honoring the things you value. For the canceled vacation, that might mean spearheading a group video call with your family. For the graduation ceremony, it might be creating a video with personal messages of congratulations from family and friends.

#### **5. Seek perspective.**

Try to find a silver lining in the situation. This might take time, but you can do it! Perhaps the upside is you can now spend more time with your family. Maybe it's the opportunity to reconnect with often-busy friends.

If you need help coping with your disappointment, contact LifeSolutions. We can connect you and members of your household with no-cost, confidential assistance and resources.

As the adage goes, "life is full of disappointments," but you don't have to move beyond them alone.

**LifeSolutions is here to help.**

**[Lifesolutions@upmc.edu](mailto:Lifesolutions@upmc.edu)**

**[lifesolutionsforyou.com](http://lifesolutionsforyou.com)**

**1-844-833-0527 (TTY: 711)**