

# Managing difficult news



Managing difficult news is a process that requires time, self-compassion, and intentional coping strategies. By implementing these approaches below, you can navigate challenging situations more effectively and foster resilience in the face of adversity. Remember that seeking support and prioritizing your well-being are essential components of managing difficult news successfully.



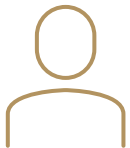
## Stop and take a breath

Take a breath and slow yourself down. When life-changing news hits you...like an unexpected exam result or disappointment, it can feel overwhelming. Your thoughts speed up and you begin to catastrophize. Stop, take a moment, take several deep breaths and slow down. This way you can begin to regulate your emotions.



## Regulate your emotions

Allow yourself to feel and express a range of emotions safely. Journaling, talking, or creative outlets can be helpful. Use healthy self-talk to de-escalate your emotions. A helpful strategy is to tell yourself that no matter what happens you are going to be OKAY. Reassuring yourself can help you move to solutions-focused thinking.



## Ground yourself

Ground yourself in the here and now. Open your eyes and focus on where you are in the room. Focus on four things you can see in the room. Focus on how your feet feel on the floor, how it feels to be sitting on your chair, and focus on slow inhaled through your nose and slowly exhaled out of your mouth. This can help bring your awareness back to your current surroundings and ground you in the moment.



## Identify people you can speak with

Few of us can handle difficult news on our own. Think about who can support you right now, and as you move through the difficulty.

The Medical Student Support team is available to speak with you and if you need to speak with someone urgently outside of hours you can call the 24/7 free UQ Crisis number: **1300 851 998**



## Formulate a plan

After you have regulated your emotions, you can begin to formulate a plan to move forward. This can be made up of steps of people to speak with for advice, to get assistance with decisions to be made regarding managing your academic progression, and professionals you can reach out to for mental health support.



Seek support:  
Medical School  
Student Support