

Dealing with Disappointment

As schools close and student activities are cancelled, many students may be feeling disappointment in the face of missed opportunities to engage in the larger community, participate in activities such as sports and prom, and accessing community activities. While supporting your remote learner, consider using some of the following strategies:

Acknowledgement

Let it out! It is okay to be disappointed. It is helpful to acknowledge what made you disappointed and genuinely experience your emotions.



Evaluate Expectations

Question your current expectations and set new expectations. Learn from your disappointment to set realistic expectations based on your current situation.

Perspective

To help let go of disappointment reframe your perspective. Focus on the positives, practice mindfulness, engage in self-care, and let negative emotions flow out.

