

Coping

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“*Life is not easy*,” is what people say,
for, it’s filled with obstacles that surface each day.
You look for answers yet none can be found,
you look for support, and no one’s around.

It’s frustrating, I know, when things don’t go right,
but always remember, God has you in sight.
He will send you an angel who will stay by your side,
to whisper advice and be your perpetual guide.

So, cast out those fears, those worries and doubts,
believe in yourself — that’s what it’s about.
So, do what you can and trust in His love,
and things will work out — with some help from above.

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We all do the best we can to maintain a sense of balance in our lives. However, when unexpected obstacles turn our world upside down, we must find the strength to carry on despite the disruption in our daily routine. Our choice of coping strategies can either help to see us through each day, or make matters worse. The *Coping Light of Inspiration* can provide some food for thought for those seeking solutions in a problem-filled world. The *Coping* pocket card provides a timely message of encouragement and perseverance during the tough times.

*** For use in educational settings, human service organizations, support groups, counseling service providers and stress management programs.**