

Download You At Work Dealing With Setbacks

Richard Branson drives a tank through Times Square in 1998 to herald the U.S. launch of Virgin Cola, which later fizzed. Part of the PTSD survivor's journey is dealing with setbacks. Things are running relatively smoothly in one's life, avoiding self-medication, controlling anger and trust issues, and staying careful about known triggers. Everyone has setbacks. They're frustrating. They can be even more frustrating if you feel as though you've made progress with your recovery. It may seem like there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your work and family responsibilities will always be demanding.