

BAD NEWS

Throughout your academic journey, you may sometimes face setbacks – be it an exam failure, critical feedback on a paper, or a negative study progress decision (such as binding conditions)... Receiving such disheartening news is never easy and can pose quite a challenge. To get you started, we have provided some tips below.

LETTING EMOTIONS IN

Feeling sad, scared, angry or disappointed is entirely normal. When you are living through a painful experience, it's quite understandable to get emotional. Allowing emotions in can provide a sense of relief. Picture these emotions as waves passing through you, without suppressing or magnifying them.



GRANTING YOURSELF TIME

Give yourself some time to process the bad news. Avoid making major decisions impulsively, as acting on emotions can overshadow rational thinking. Wait for the emotions to subside and then thoughtfully consider how to approach the situation.

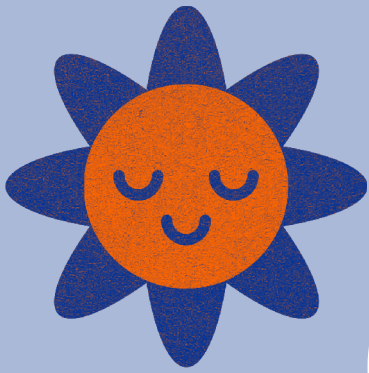
TALKING ABOUT IT

Remember, you don't have to face this alone. Reach out to those around you: friends, family, fellow students, dorm mates... Find someone who can lend a listening ear. This person may offer a different perspective. If you're more comfortable speaking to a professional counsellor, we've included some contact details for you on the other page of this infographic.



TAKING ACTION

Reflect on what you can control. What can you do? How will you change your approach? What are the options? Who can help you with this? Identify the path forward and the possible solutions. Go for it!



KEEP CALM

Drink a glass of water or eat something, go outside and breathe in some fresh air.

Write down your thoughts and emotions.

Try breathing calmly: 5 counts in and 5 counts out. In this way, you relax your body.

Find distractions: do something fun or try a meditation exercise.

Professional help?

- **02 648 40 14** (CHS helpline)
- **your general practitioner**
- **or other counselor you are familiar with**

SHARING WITH YOUR ENVIRONMENT

When it comes to conveying bad news, honesty is paramount. Don't delay telling the truth. Instead, prepare yourself with the following steps:

1. Avoid catastrophic thinking as you can't predict others' reactions.
2. Prepare yourself by writing down how you want to deliver the news.
3. During the conversation, openly express your thoughts and feelings.
4. Allow space for initial reactions and emotions, while trying to stay calm.
5. If emotions become overwhelming, propose a break and return to it later.

