**Quotes on Coping**

Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference.—Virginia Satir

I believe the only thing that we really have control over is our attitude. If we focus on the positive things in our lives and learn how to cope with all the surprises, we will be happier people.—Brandon Jenner

Inner Strength is not only how you handle the adversity to come out unscratched, it is also about how you handle the situation after the storm has passed. —Dr. Anil Kumar Sinha

Humor can help you cope with the unbearable so that you can stay on the bright side of things until the bright side actually comes along.—Allen Klein

Every human being must find his own way to cope with severe loss. The only job of a true friend is to facilitate whatever method he chooses.—Caleb Carr

In three words I can sum up everything I’ve learned about life. It goes on. —Robert Frost

If a problem has no solution, it may not be a problem, but a fact, not to be solved, but to be coped with over time. —Author Unknown

One of life’s best coping mechanisms is to know the difference between an inconvenience and a problem. If you break your neck, if you have nothing to eat, if your house is on fire, then you’ve

got a problem. Everything else is an inconvenience. Life is inconvenient. Life is lumpy. A lump in the oatmeal, a lump in the throat, and a lump in the breast are not the same kind of lump. One needs to learn the difference.—Robert Fulghum

We can keep our morale and spirits high by using both coping and hoping humor. Coping humor laughs at the hopelessness in our situation. It gives us the courage to hang in there, but it does

not bring hope. The uniqueness of hoping humor lies in its acceptance of life…. It celebrates the hope in human life. From one comes courage, from the other comes inspiration.—Cy Eberhart