

# Self help matters.

Helping you to find your solutions

## Dealing with Rejection

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Rejection is the refusal to accept, use, believe, acknowledge, to throw out, discard or rebuff. To reject something requires us to form an opinion or judgment. It can also involve a sense of loss.

We're making a choice that we don't want something. And there may be a very logical reason why we're making that judgment. But when it involves people, people have feelings. And our feelings can be hurt.

How we determine our response to rejection can be heavily influenced by our upbringing, social and cultural context, together with the value, importance and priority we place on the success or the achievement.

We are social creatures who want to belong and be accepted. To be faced with rejection is counter to this instinct and may knock our self-confidence.

## Top Tips

**Embrace diversity.** Thankfully, we're all different. That means some of us are naturally going to be better at some things than others. It's a fact.

**Reality check.** Sometimes we have a misguided assessment of our chances of success. Retreat, take a step back, brush yourself down, re-evaluate, focus on the next stage, concentrate, apply and proceed.

**Socialise.** Much rejection is directed by others and can have the feeling of a social rejection. It can help to do something positive to engage socially; join a club, go to a social function, engage, communicate and have fun with other people.

**Exercise.** You can feel flat, lethargic and low in energy when you suffer a rejection. Going for a walk helps, as does running, dancing, going to the gym, swimming and pretty much any other physical activity. This helps to release endorphins, our natural 'feel good' hormones.

**Drop the past.** Rejection can feel worse when you automatically link it to a previous rejection or a similar trauma in the past. In this way, you fail to let go of the past and it just continues to haunt you. In this context, if the past is often being triggered, counselling may help to untangle issues.

**Depersonalize.** Recognize that a rejection is not personal, although it can feel that way. You just didn't fit what they wanted. Actors get it all the time; but going to auditions is a necessary part of breaking through.

**Spread the load.** What about applying for more than one job, asking several different people out, apply to several competitions? If you always have "another" chance, it can mitigate rejection, as you balance a rejection with the hope of success elsewhere.

**Self-care.** Don't deny that rejection hurts. Instead, accept it's happened, that it makes you feel lousy temporarily, and you deserve a little bit of pampering or fun. Be kind to yourself as you would to a friend.

**Self-approval.** The only approval you really need is from yourself. Self-respect, self-worth, self-confidence and self-belief can help. Also, see setbacks as a development opportunity! It's all about learning.

**It's good to talk.** Sometimes we can benefit from speaking to people about how we feel rejected... this might be to a member of our family, a friend, course leader or Personal Tutor, or someone impartial, like a counsellor, chaplain, student advisor or GP.

**Self-worth.** Rejection is usually a feeling we absorb as a result of someone else's actions. We might not be able to control or manage what other people do or say, but WE CAN focus on regaining self-worth, self-value and self-confidence

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

### LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



**Opening Hours:** Online

[www.livinglifetothefull.com](http://www.livinglifetothefull.com)

### DEPRESSION UK

A national self-help group



**Opening Hours:** Online

[www.depressionuk.org](http://www.depressionuk.org)

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

[www.bigwhitewall.com](http://www.bigwhitewall.com)

### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)