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People either get mad, or get even. Proverb Some safe ways to express anger: • Write about your emotions. • Pound a bed or a chair with a foam bat or a tennis racquet. • Break old dishes. • Tear junk mail. • Scream (if you are in a safe place). • Burn or tear a photo. • Do something physical (running, dancing, cutting wood, etc.).

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• When the going gets tough, the tough get going. • Among his peers, Tom Watson, a five-time British Open champion, is the indisputable choice as the best bad-weather performer of the modern era of golf.

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### **When the Going Gets Tough: Coping for Caregivers**

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When the going gets tough: Grit predicts costly perseverance Gale M. Lucas a, , Jonathan Gratch a , Lin Cheng a , Stacy Marsella b a University of Southern California, United States

### **When the going gets tough: Grit predicts costly perseverance**

Background and objectives: The negative effects of the financial crisis of 2007/2008 are still being felt today as seen in the relatively high levels of youth unemployment in many countries.

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When the going gets tough, the tough get going. Prov. When things are difficult, strong people take action and do not despair. (Can be used to encourage someone to take action.) The football team was losing the game, so at half time the coach reminded them that when the going gets tough, the tough get going. Jill: I don't think I can walk all the way to ...

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