

Why Do I Keep Getting Blocked And Unblocked Complete Guide

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Why Do I Keep Getting Blocked and Unblocked?

why do i keep getting blocked and unblocked is a question many people ?nd

themselves asking, especially in the digital age where online interactions are a daily routine. Whether it's on social media platforms, messaging apps, or even in real-life scenarios, experiencing the cycle of being blocked and then unblocked can be confusing, frustrating, and sometimes downright puzzling. Understanding the reasons behind this back-and-forth behavior can not only help you navigate relationships and online etiquette better but also protect your mental well-being.

Understanding the Dynamics of Being Blocked and Unblocked

At its core, getting blocked means someone has decided to cut off communication with you temporarily or permanently. Being unblocked, on the other hand, signals a reopening of that communication channel. But why does this happen repeatedly in some relationships or interactions?

The answer lies in the complexity of human emotions, misunderstandings, and the nature of digital communication. Here are some common reasons why this cycle occurs:

Emotional Reactions and Impulsivity

Often, blocking someone is an impulsive reaction to hurt, anger, or frustration. When

tensions rise, people may block to create immediate distance and protect themselves emotionally. However, as emotions cool down, they might regret that decision and unblock the person to resume contact.

This push-and-pull dynamic is common in close relationships or friendships where emotions run high but the underlying connection remains strong. It's a way of setting boundaries temporarily without fully ending the relationship.

Testing Boundaries and Control

Sometimes, blocking and unblocking can be a form of testing control or boundaries. The person blocking might want to see how much the other party values communication or how they react to being cut off. This can be a subtle power play or a way to regain control in an uncertain situation.

If you notice this pattern, it's important to evaluate whether the relationship is healthy or if it's causing unnecessary stress.

Technical Glitches and Platform Issues

Not all block/unblock cycles are intentional. Sometimes, technical glitches on social media platforms or messaging apps cause unexpected blocking or unblocking actions. Bugs, app updates, or synchronization errors can mistakenly alter your contact lists.

If you find yourself blocked and unblocked frequently without any clear cause, checking for app updates or reinstalling the app might help. Also, contacting platform support can clarify if there's a known issue.

Why Do I Keep Getting Blocked and Unblocked on Social Media?

Social media is a hotspot for this kind of behavior due to the ease of blocking and unblocking users. Here's why it's so common on platforms like Facebook, Instagram, Twitter, or WhatsApp:

Relationship Conflicts and Breakups

After a fight or breakup, it's common for one or both parties to block each other impulsively. Later on, they might unblock to check on the other person, out of curiosity, or in hopes of reconciliation. This cycle can repeat multiple times, especially in on-again-off-again relationships.

Social Drama and Peer Pressure

Within friend groups or social circles, blocking and unblocking can be used to send indirect messages or express displeasure without direct confrontation. This passive-aggressive behavior often leads to confusion and repeated blocking.

Privacy Concerns and Safety

Sometimes people block others to protect their privacy temporarily, such as during sensitive situations or periods of self-care. Once they feel safe, they may unblock and resume regular interactions.

How to Handle Being Blocked and Unblocked Repeatedly

If you find yourself constantly wondering why do I keep getting blocked and unblocked, there are constructive ways to approach this situation:

Reflect on the Relationship

Consider the nature of your relationship with the person who is blocking and unblocking you. Is it healthy? Does it cause emotional distress? Understanding whether this cycle is a symptom of deeper issues can help you decide how to proceed.

Communicate Openly

If possible, have an honest conversation with the person about why they block and unblock you. Express how it makes you feel and try to understand their perspective. Clear communication often resolves misunderstandings that lead to this behavior.

Set Personal Boundaries

You have the right to set boundaries for your own emotional well-being. If the cycle of blocking and unblocking is harmful, consider limiting your interactions or taking a break from the relationship altogether.

Manage Your Expectations

Sometimes people's behavior reflects their own struggles rather than anything you've done. Managing your expectations and focusing on your own mental health can reduce frustration when dealing with unpredictable blocking patterns.

Psychological Reasons Behind Blocking and Unblocking Behavior

Delving deeper into the psychology can shed light on why this pattern occurs repeatedly:

Fear of Losing Connection

Even when angry or upset, people may fear losing contact with someone important.

Blocking serves as a temporary shield, but unblocking comes from a desire to maintain

some form of connection.

Ambivalence and Mixed Feelings

When feelings are complicated, people may act inconsistently. They might block to express hurt but unblock when they miss the person or feel guilty.

Need for Control and Autonomy

Blocking can be a way to assert control over a situation, especially if one feels powerless.

Unblocking can signal a willingness to negotiate or adjust control dynamics.

Technical Tips to Avoid Unintentional Blocking and Unblocking

If you suspect that your blocking/unblocking issues stem from technical problems rather than personal conflicts, here are some tips:

Keep your apps updated to the latest version.

1.

Clear cache regularly to avoid glitches.

2.

Check privacy settings to ensure you haven't accidentally blocked someone.

3.

Restart your device if unusual behavior occurs.

4.

Contact customer support if problems persist.

5.

Recognizing When to Move On

Sometimes the cycle of being blocked and unblocked is a sign that it's time to reassess the relationship. If the pattern is causing anxiety, stress, or confusion, prioritizing your emotional health is crucial. Surrounding yourself with supportive people who communicate clearly can create a more stable social environment.

In the end, understanding why do i keep getting blocked and unblocked is about recognizing the nuances of human interaction, both online and offline. It's a dance of emotions, boundaries, and sometimes technical hiccups. By approaching these situations with empathy, clear communication, and self-awareness, you can navigate the ups and downs more smoothly and protect your peace of mind.

Question

Answer

Why do I keep getting blocked and unblocked on social media?

Getting repeatedly blocked and unblocked on social media can happen due to misunderstandings, conflicts with other users, or automated moderation systems detecting certain behaviors. It might also be caused by someone intentionally toggling the block status.

Can technical issues cause

me to get blocked and

unblocked repeatedly?

Yes, sometimes glitches or bugs in the platform's software

can result in users being blocked and unblocked

unintentionally. If this happens frequently, contacting the

platform's support team is recommended.

Could my behavior be

causing me to get blocked

and unblocked frequently?

If you engage in behavior that other users find annoying or

violate community guidelines, they might block you

temporarily and unblock you later, leading to this pattern.

Reviewing your interactions and adhering to platform rules

can help.

Is it possible that someone

is blocking and unblocking

me to send me

notifications?

Yes, some users block and unblock others intentionally to

trigger notifications or get attention. This behavior is often

considered disruptive and may violate platform policies.

What steps can I take if I

keep getting blocked and

unblocked by the same

person?

If you notice a pattern with the same individual, consider

addressing the issue directly through respectful

communication or adjusting your interactions. If

harassment occurs, report the user to the platform for

further action.

****Why Do I Keep Getting Blocked and Unblocked? Exploring the Causes and Implications****

why do i keep getting blocked and unblocked is a question that many users ask

across various digital platforms, social media networks, and even in professional or

personal communication channels. Experiencing repeated blocks and unblocks can be

confusing, frustrating, and sometimes damaging to one's online presence or interpersonal

relationships. This article delves into the reasons behind this phenomenon, investigates

the technical and social factors involved, and explores the implications for users

navigating these complex digital interactions.

Understanding the Dynamics of Blocking and Unblocking

The process of blocking someone is primarily designed to control communication and

interaction. It is a feature widely implemented across social media platforms, messaging

apps, and online forums to allow users to prevent unwanted contact or harassment.

However, when you find yourself repeatedly blocked and unblocked, it often signals underlying behavioral, technical, or psychological factors.

At its core, blocking serves as a boundary-setting tool. But why do users sometimes toggle between blocking and unblocking? The answer lies in a mix of personal dynamics, platform algorithms, and sometimes even glitches.

Common Reasons for Repeated Blocking and Unblocking

Interpersonal

Conflicts

and

Emotional

Ambivalence:

Many

personal

1.

relationships are complicated, and users might block someone during moments of frustration or conflict, only to unblock them later when emotions cool down or after reconsideration.

Manipulative or Attention-Seeking Behavior: In some cases, individuals may

2.

block and unblock repeatedly as a form of control or to provoke a reaction, creating

a cycle that feeds into emotional drama.

Platform Glitches and Technical Bugs: Sometimes the issue is not human

3.

behavior but technical. Software bugs, synchronization errors, or server glitches can cause unexpected blocking/unblocking notifications.

Testing Privacy Settings or Platform Features: Users might unblock and block

4.

contacts while exploring privacy controls, which can lead to seemingly erratic blocking patterns.

Automated or Algorithm-Driven Actions: Certain platforms use algorithms to

5.

detect spam or suspicious behavior, which may automatically block or restrict accounts temporarily and then lift those restrictions upon review.

Psychological and Social Implications of Being Blocked and Unblocked

Repeated blocking and unblocking can have significant psychological effects. It may induce feelings of uncertainty, anxiety, and emotional distress, especially if the relationship involved is close or significant. The unpredictability of communication access can lead to increased stress and even impact one's self-esteem.

From a social perspective, this behavior can erode trust and complicate digital interactions. The inconsistent access to communication channels often disrupts

meaningful dialogue, potentially escalating conflicts rather than resolving them.

Technical Perspectives on Repeated Blocking and Unblocking

Understanding how platforms implement blocking features is essential to grasp why users might experience this cyclical pattern.

How Social Media Platforms Handle Blocking

Most social networks provide users with the ability to block others to prevent unwanted interaction. However, the implementation details can vary:

Visibility and Notification: Some platforms notify users when they are blocked or

1.

unblocked, while others keep these actions discreet.

Temporary vs. Permanent Blocks: Platforms may allow temporary blocks that

2.

expire automatically or manual unblocking by the blocker, leading to patterns where users alternate access.

Algorithmic Interventions: Automated systems might block accounts flagged for

3.

spam or abuse, then restore access upon review, causing cycles of restriction.

Common Technical Issues Leading to Unexpected Blocking Patterns

Synchronization Errors: When users access platforms across multiple devices,

1.

inconsistencies in syncing can cause delayed or repeated blocking/unblocking statuses.

Software Bugs: Glitches in app updates or platform infrastructure may

2.

inadvertently toggle blocking status.

Account Compromise: If an account is hacked or accessed by unauthorized

3.

parties, they might block or unblock contacts without the owner's knowledge.

How to Address and Manage Repeated Blocking and Unblocking

If you find yourself asking, "why do I keep getting blocked and unblocked," there are proactive steps you can take to address the issue:

1. Communicate and Clarify

Open dialogue with the person blocking and unblocking you can sometimes resolve misunderstandings or emotional conflicts. Clarifying boundaries and expectations may reduce the cycle of blocking behavior.

2. Review Platform Settings and Account Security

Ensure your privacy settings are appropriately configured and check for any unauthorized access to your account. Regularly updating passwords and enabling two-factor authentication can prevent external interference.

3. Monitor Platform Updates and Known Issues

Keep abreast of any reported bugs or glitches in the platforms you use. Sometimes, widespread technical problems cause blocking anomalies that are beyond user control.

4. Utilize Platform Support and Reporting Tools

If manipulative or harassing behavior is involved, report the issue to the platform's support team. Many social networks have mechanisms to address abusive blocking cycles or automated blocking errors.

Implications for User Experience and Online Behavior

Repeated blocking and unblocking reflect broader challenges in digital communication.

They underscore the tension between maintaining privacy and fostering open engagement. For platforms, optimizing the blocking feature to minimize confusion and emotional harm is a delicate balance.

Moreover, this phenomenon highlights the importance of digital literacy. Users must understand the impact of their actions and the technical realities behind blocking tools. Informed use of these features can promote healthier online relationships and reduce cycles of conflict.

The experience of being blocked and unblocked repeatedly also prompts reflection on digital boundaries and emotional regulation. It encourages users to consider not only when to block but also how to communicate effectively to prevent recurring conflicts.

In the evolving landscape of online interaction, the question of "why do i keep getting blocked and unblocked" serves as a window into the complex interplay of technology, psychology, and social behavior that defines modern digital life.

account blocked reasons, social media blocking issues, getting unblocked repeatedly, why am i blocked, unblock notifications, temporary blocks explained, social media restrictions, account suspension causes, blocked and unblocked cycle, troubleshooting account blocks

KEEP CALM AND CARRY ON

Keep Calm And Carry On

Keep Calm and Carry On: The Enduring Power of a Simple Phrase

keep calm and carry on ? these four words have transcended time and circumstance

to become a symbol of resilience and tranquility in the face of adversity. Originally crafted during World War II as a British motivational poster, this phrase has since embedded itself into popular culture, inspiring countless individuals worldwide to maintain composure and persist through challenges. But what is it about these words that resonate so deeply, and how can we apply the essence of "keep calm and carry on" in our daily lives? Let's explore the rich history, psychological impact, and practical relevance of this iconic mantra.

The Origin of "Keep Calm and Carry On"

Most people recognize "keep calm and carry on" from its modern-day appearances on mugs, t-shirts, and wall art, but the phrase's roots are far more profound. In 1939, as the threat of World War II loomed large over Britain, the government's Ministry of Information designed a series of propaganda posters to boost public morale. "Keep calm and carry on"

was intended as a reassuring message to the British public, encouraging them to remain steadfast despite the uncertainty and fear of potential air raids.

Interestingly, the poster was never widely distributed during the war. It was tucked away, forgotten for decades until its rediscovery in the early 2000s sparked a revival. Since then, it has become emblematic of British stoicism and has been embraced globally as an inspiring call to maintain calmness and perseverance.

Why "Keep Calm and Carry On" Still Matters Today

In a world that often feels chaotic and unpredictable, the simple directive to "keep calm and carry on" offers a powerful reminder to manage stress and focus on what truly matters. This phrase taps into fundamental human needs: the desire for stability, control, and hope.

The Psychology Behind Staying Calm

When faced with stress or crises, our natural fight-or-flight response can lead to panic or rash decisions. However, cultivating calmness helps regulate this reaction, allowing for clearer thinking and better problem-solving. The phrase "keep calm and carry on" acts as a mental anchor, encouraging mindfulness and emotional regulation. By repeating or reflecting on this mantra, individuals can shift their mindset from anxiety to resilience.

Practical Ways to Embody the Mantra

Living by "keep calm and carry on" isn't about passive acceptance but about proactive perseverance. Here are some strategies to apply its spirit in everyday life:

Pause and Breathe: When stress strikes, take a moment to breathe deeply and

1.

center yourself before reacting.

Focus on What You Can Control: Identify actionable steps rather than dwelling

2.

on uncertainties.

Maintain Routine: Consistency in daily habits can provide a sense of normalcy

3.

during turbulent times.

Practice Positive Self-Talk: Remind yourself that challenges are temporary and

4.

manageable.

Seek Support: Sharing worries with friends or mentors can ease mental burdens

5.

and foster community resilience.

The Cultural Impact and Modern Adaptations

The phrase's simplicity and versatility have made it a cultural phenomenon. Beyond its original wartime context, "keep calm and carry on" has been adapted into countless variants, each tailored to different situations and communities. From humorous tweaks like "keep calm and eat cake" to motivational spins like "keep calm and study on," these adaptations demonstrate the phrase's enduring relevance and flexibility.

How Businesses and Brands Use the Phrase

Many companies have leveraged the calming and encouraging message in marketing campaigns, especially during times of crisis like economic downturns or global pandemics. The phrase evokes trust and steadiness, qualities that customers often seek in uncertain times. Incorporating "keep calm and carry on" into branding can convey a sense of reliability and empathy, strengthening customer relationships.

Inspiration in Personal Development

Self-help and wellness communities frequently invoke "keep calm and carry on" as a reminder to practice patience and persistence. It embodies the mindset of overcoming obstacles without succumbing to frustration. Life coaches and therapists may encourage clients to internalize this phrase as a coping tool, fostering mental strength and emotional balance.

Connecting "Keep Calm and Carry On" with Mindfulness and Resilience

At its core, "keep calm and carry on" aligns closely with principles of mindfulness and resilience—the abilities to stay present and bounce back from setbacks.

Mindfulness: Being Calm in the Present Moment

Mindfulness emphasizes acceptance and awareness of the present without judgment. When you "keep calm," you acknowledge your situation without overwhelming fear or denial. This mental state enables you to "carry on" with intention and clarity rather than

being paralyzed by stress.

Building Resilience Through Consistency

Resilience is the capacity to recover from difficulties and adapt to change. The phrase encourages steady progress, reinforcing the idea that persistence through hardship ultimately leads to growth. By adopting this mindset, individuals develop emotional toughness, making future challenges less daunting.

Using "Keep Calm and Carry On" in Everyday Life

Integrating this mantra into daily routines can be surprisingly effective in enhancing overall well-being.

Morning Rituals to Set the Tone

Start your day by reminding yourself to "keep calm and carry on." Whether through journaling, meditation, or simply repeating the phrase, this sets a calm, determined tone for the hours ahead.

Handling Work Stress

In high-pressure jobs, stress is common. When deadlines loom or conflicts arise, mentally invoking "keep calm and carry on" can reduce panic and improve decision-making. Pausing to breathe and recalibrate allows you to approach problems constructively.

Facing Personal Challenges

Life's personal hurdles—whether health issues, family matters, or financial troubles—can feel overwhelming. Using this phrase as a mental anchor helps maintain perspective, reminding you that challenges are temporary and manageable through steady effort.

Why This Phrase Resonates Globally

What makes "keep calm and carry on" so universally appealing is its simplicity combined with profound wisdom. Across different cultures and languages, people face uncertainty and hardship, yet the desire to remain composed and continue forward is a shared human experience.

The phrase's brevity makes it easy to remember, and its message is universally applicable—from small daily annoyances to large-scale crises. It's a timeless encouragement to find strength within and to navigate life's storms with grace.

Whether you encounter "keep calm and carry on" on a decorative poster or hear it echoed in moments of trial, its enduring power lies in its invitation to embrace calmness and perseverance. In a fast-paced, often unpredictable world, these four words offer a steady compass pointing toward resilience, hope, and quiet determination. So next time you feel overwhelmed, take a breath, center yourself, and remember: keep calm and carry on.

Question

Answer

What is the origin of the

phrase 'Keep Calm and Carry

On'?

'Keep Calm and Carry On' was a motivational poster

produced by the British government in 1939 during the

beginning of World War II to raise the morale of the public in the event of invasion.

Was the 'Keep Calm and Carry On' poster widely used during World War II?

No, the poster was not widely distributed during World War II and remained relatively unknown until a copy was rediscovered in 2000.

Why has 'Keep Calm and Carry On' become so popular in recent years?

The phrase's simple, reassuring message combined with its vintage design has made it a popular slogan for merchandise, social media, and motivational use in modern times.

Are there any modern variations of the 'Keep Calm and Carry On' slogan?

Yes, many variations exist such as 'Keep Calm and Drink Tea,' 'Keep Calm and Stay Safe,' and countless humorous or personalized adaptations.

What does 'Keep Calm and Carry On' mean in today's context?

It encourages people to remain composed and continue with their tasks despite challenges or stressful situations.

Where can I find original 'Keep Calm and Carry On' posters or merchandise?

Original posters are rare and valuable, but many reproductions and merchandise like mugs, t-shirts, and prints are widely available online and in stores.

Who designed the 'Keep Calm and Carry On' poster?

The poster was designed by the British Ministry of Information during World War II, but the specific individual designer is not well-documented.

How has 'Keep Calm and Carry On' influenced popular culture?

The phrase has inspired countless parodies,

adaptations, and has become a symbol of British

stoicism and resilience in popular culture.

Is 'Keep Calm and Carry On'

trademarked or copyrighted?

The original poster is in the public domain, but some

modern variations and specific designs may be

trademarked by companies or individuals.

Can 'Keep Calm and Carry On'

be used in professional or

motivational settings?

Yes, its message of staying calm under pressure

makes it a popular choice for motivational speeches,

workplace encouragement, and wellness campaigns.

Keep Calm and Carry On: The Enduring Legacy of a Wartime Slogan

keep calm and carry on is more than just a phrase?it is a cultural artifact that has

transcended its original context to become a global symbol of resilience and composure.

Originating during one of the most tumultuous periods in modern history, the slogan was

designed as a motivational tool to bolster British morale in the face of adversity. Today, it

continues to resonate across various domains, from popular culture to corporate branding,

illustrating the power of simple messaging in influencing collective psychology. This article

undertakes a comprehensive exploration of the phrase's historical background, its resurgence in contemporary times, and its broader implications in communication and emotional management.

The Historical Origins of "Keep Calm and Carry On"

The phrase "keep calm and carry on" was conceived in 1939 by the British government's Ministry of Information as part of a series of propaganda posters intended to prepare the public for the hardships of World War II. Unlike other wartime slogans that were prominently displayed, this particular poster was not widely distributed during the war. It was intended to be used only if the United Kingdom faced a severe crisis, such as a full-scale invasion by enemy forces.

The design is strikingly minimalistic: white uppercase text set against a bold red background, topped with the image of the Tudor Crown. The simplicity and directness of the message were meant to provide reassurance and encourage stoicism among citizens enduring air raids, rationing, and uncertainty. However, the poster was largely forgotten until a copy was rediscovered in a secondhand bookstore in 2000, sparking renewed interest and widespread reproduction.

Comparative Analysis of Wartime Propaganda

When compared to other propaganda slogans of the era, such as "Your Courage, Your Cheerfulness, Your Resolution Will Bring Us Victory" or "Freedom Is in Peril, Defend It with All Your Might," "keep calm and carry on" stands out for its calm, almost understated tone. While many wartime messages adopted a tone of urgency and sometimes fear, this

phrase advocated steadiness and perseverance. This contrast reflects varying psychological strategies employed in mass communication to maintain morale:

Urgency and Mobilization: Slogans encouraging immediate action and vigilance.

1.

Reassurance and Stability: Messages promoting calmness and endurance under

2.

stress.

The enduring appeal of "keep calm and carry on" lies in its ability to encapsulate the latter approach succinctly and effectively.

The Modern Resurgence and Cultural Impact

The rediscovery of the poster in the early 21st century coincided with a broader cultural fascination with vintage and retro aesthetics. Its adoption by retailers, artists, and the public transformed the phrase into a ubiquitous motif seen on mugs, T-shirts, home decor, and digital media. This commercialization has sparked debates about authenticity, commodification, and the dilution of historical meaning.

Factors Behind Contemporary Popularity

Several factors contribute to the modern popularity of "keep calm and carry on":

Universal Appeal: The message's simplicity and positivity resonate across cultures

1.

and demographics.

Adaptability: Variations such as "keep calm and party on" or "keep calm and code

2.

on" have proliferated, allowing for personalized interpretations.

Psychological Comfort: In times of uncertainty?whether economic, political, or

3.

personal?the slogan serves as a reminder to maintain composure.

Psychological and Social Implications

From a psychological perspective, the phrase functions as a cognitive anchor that promotes emotional regulation. Studies in behavioral science suggest that simple, positive affirmations can reduce anxiety and improve decision-making under pressure. In social contexts, the slogan fosters a sense of collective endurance, reinforcing social cohesion during crises.

However, critics argue that the phrase?s encouragement to ?carry on? may sometimes oversimplify complex situations, potentially discouraging critical engagement or necessary change. This raises important questions about the balance between resilience and complacency in public messaging.

Applications Beyond Wartime: Branding, Motivation, and Communication

The phrase?s migration into corporate and personal branding highlights its versatility.

Companies use "keep calm and carry on" to evoke reliability and steady leadership, especially during periods of market volatility. Motivational speakers and life coaches incorporate it to emphasize perseverance through challenges.

Pros and Cons of Using the Phrase in Modern Contexts

Pros:

1.

Encourages a calm mindset under stress.

1.

Easy to remember and communicate.

2.

Positively framed, avoiding fear-based messaging.

3.

Cons:

2.

May downplay legitimate concerns or systemic issues.

1.

Risk of becoming a cliché through overuse.

2.

Potential to discourage proactive problem-solving if misinterpreted.

3.

Integration in Digital Media and Social Platforms

In the age of social media, "keep calm and carry on" has been adapted into countless memes and viral posts. This digital proliferation has embedded the phrase into everyday online discourse, often used humorously or ironically. Its presence across platforms such as Instagram, Twitter, and TikTok exemplifies how historical slogans can be repurposed to fit contemporary communication styles.

Conclusion: The Enduring Power of a Simple Message

The journey of "keep calm and carry on" from a little-known wartime poster to a global cultural phenomenon underscores the enduring power of concise, positive messaging. While its original context was specific and somber, its adaptable nature has allowed it to thrive in diverse settings, offering a blueprint for resilience that remains relevant in today's fast-paced and often unpredictable world. As society continues to navigate crises—whether health-related, political, or environmental—the phrase serves as a reminder that calmness and perseverance are invaluable tools in the collective human experience.

stay calm, remain composed, keep going, stay strong, don't panic, be resilient, stay positive, handle stress, maintain focus, keep steady

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