Midlife doesn’t have to be a crisis but sometimes it can feel like one. Some men may find themselves yearning for youthful days and feeling dissatisfied with their current lives. Midlife can be a time for personal growth. It can also be a time for self-destruction. There are ways of handling feelings of regret, restlessness, or dissatisfaction without bailing on our lives. Finding strength and perspective is doable.

If you constantly compare your career success to that of others
This is not a true measure of your success. You are setting yourself up for dissatisfaction. Comparison puts focus on the wrong person. Focus on you.

If you are thinking of quitting your job to start a new career
Don’t do this on impulse. Make sure you like the other career. Take it up as hobby or part-time job while you keep your day job. Review your finances. Make sure you can afford to make the transition. If you can’t, wait until you can.

If you find yourself obsessing about your youth
Trying to live in the past means we are not living in the present. We tend to view the glory days without the hard times that went with them. It is not realistic. In the present, create new experiences. Create new goals for yourself.

If you are trying to reconnect with old girlfriends
Remind yourself why it didn’t work out. Remember the bad times, not just the good ones. Have an open, honest talk with your current partner about your relationship with her. If you are keeping secrets from her or are thinking of having an affair, then it is time for you both to get counseling.

If you want to take on a triathlon
Getting in shape is not a bad thing. First get an OK from your doctor. Undertake the appropriate training before you participate in the event. Otherwise, you risk injury.

If you find yourself at a luxury car dealership
Extravagant spending may not make you happy and will definitely make you poorer. Financial stress can take a toll on your physical health.

If anxiety or depression is keeping you from doing everyday activities
It is time to talk to your family doctor. Tell him the symptoms you are experiencing.

If you have reoccurring thoughts about death
A preoccupation with death and dying can interfere our ability to function. If this is happening, talk to your doctor. If you are thinking of taking your own life, call the National Suicide Lifeline 1-800-273-8255 for support 24/7.

Suicide is very much preventable. For more information, go to HelpHimStay.org.