

Field those snarky comments



Why is it that so many people in the working world sound like the mean girls from high school? Ugh.

Passive-aggressive and cynical comments can make life miserable and exhaust you if you're the target of them. Don't waste your mental energy trying to interpret snarky remarks. Here's how you can stay strong in the face of negativity.

Keep control of your feelings. Don't let negative comments affect how you feel about yourself or your day. Keep the negativity out of your mind and your space.

Don't stoop to their level. Treat others with respect and remove yourself from the situation if you feel like you're going to blow up.

Gauge when to speak up and when to keep quiet. Sometimes it's best to ignore someone who's being negatively passive-aggressive. But if it's necessary to speak up, be assertive and direct.

Practice handling snarky people in a healthy way. Exercise your mental muscles so negative people don't harm your self-esteem or your day.

— Adapted from [“How Mentally Strong People Deal With Snarky Comments,”](#) Amy Morin, *Forbes*.