

FROM MEH TO ME

*Sometimes we feel a bit "meh" - down, out of sorts, not ourselves.
Sometimes there's an obvious cause and sometimes there isn't.
Somestimes it fades as quickly as it comes, and sometimes it doesn't.*

Here are a few tips that help me. I hope you find something here that makes a difference to you.

Kirsty xx

1 ACCEPT

Trying to repress or ignore something keeps us focused on it - if you try not to think of pink elephants, what do you think of?!

Start by saying "Right now, I feel a bit shit - and that's ok. It won't last forever."

2 DISTANCE

Being battered by your thoughts and feelings is overwhelming. Step back to become the observer rather than the victim.

Start by focusing on your breath: in for 4, hold for 4, out for 4, hold for 4...

3 QUESTION

Is all that stuff going on in your head actually true? Don't believe all those pesky thoughts!

Start by spotting words like "always", "never", "everyone" and "no one", and then asking yourself what the exceptions are.

4 KINDNESS

Anyone going through a difficult time deserves a bit of TLC, don't they? And so do YOU.

Start by talking to and treating yourself in the way you would talk to and treat someone else in your shoes. Be kind to yourself.



IF YOU'RE STRUGGLING, PLEASE SEEK HELP: YOU DESERVE IT.
Samaritans: 116 123 / jo@samaritans.org - for anyone struggling
Shout: text SHOUT to 85258 for crisis support