

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. Sometimes it fades as quickly as it came, and sometimes it doesn't

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

1. ACCEPTANCE

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 breathing: in for 4, hold for 4, out for 4, hold for 4...



3. QUESTIONING

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.

FOR MORE MINDSET CHAT AND TIPS, TAKE A LOOK AT @COACHINGBYKIRSTY ON FB!

IF YOU'RE STRUGGLING, PLEASE SEEK HELP - YOU DESERVE IT.
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