

Some days you wake up and bam....its there. You didn't see it coming, it wasn't on the calendar, there was no group chat making plans for this. A wall, a cloud, a sadness, a negative voice. Then the realisation that today is a "bad day".



Today is one of those days for me. And as a result it has taken me the best part of the day to try to put pen to paper. More so to help me make sense of it but at the same time hopefully helping some of you who might be reading this. Tuesday April 18th, a day with no significance - no painful memories, a rare clear day in the diary with time to reflect and tackle the ever increasing to do list. Spring has sprung and the past week has been an eventful one - spending countless hours doing the things I love with those I hold near and dear to me. Today feels different though. The sun is shining but it feels cloudy. There is a feeling of unease inside of me. It's not tiredness as I have slept well this week and yesterday went to bed feeling happy and excited for the coming weeks.

**HEALTHY SELF
HEAL THY SELF**

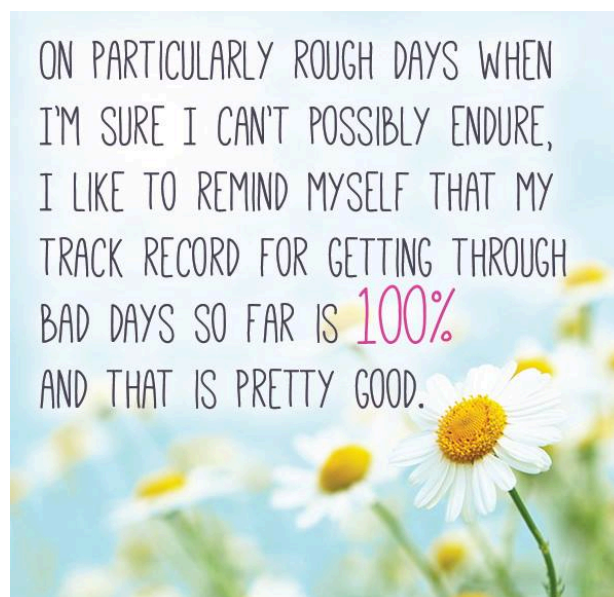
Whether you are a "snap out of it Susan" kind of person or whether you are comfortable to hold your hands up and say "at times I battle with depression", we can all relate to the feeling of a bad day in whatever shape that comes for us: the overwhelming urge to cry for no real reason, the lack of motivation to do just about anything, a crippling anxiety, the self loathing. Whether it's a temporary blip, a regular occurrence or a daily battle, we all find our own ways to cope, to keep functioning and to try and heal ourselves.

The difficulty with any form of mental health is that there isn't a quick fix or sure fire solution. If we brake a bone the doctors will know a handful of routine procedures to fix it. If we get hit with a bout of flu there are endless potions and concoctions people whip up to help you fight it. The problem with mental health is it such a personal and individual issue. We get caught in our own vicious cycle of thoughts, feelings and behaviours that influence our mental state and even when we are able to recognise that these are not rationalised in

any sense, doing something to change that is incredibly hard without first validating those same thoughts and feelings that are sometimes so destructive.

I can probably pinpoint several "things" running through my head right now that are causing me anxiety and that I feel sad about. Some of these are to do with events of recent years that have majorly affected the course of my life. I won't bore you with the details of each event but I am happy to talk openly and honestly about them to anyone who feels it may help them. So why are these events of past affecting me today? Maybe at the time I didn't address these events emotionally as I should, having always been a practical and solution focused individual. Or maybe I did but my feelings about these events have changed now -which is allowed, we are allowed to change our mind. They say time is a healer - I'm not sure time alone can heal anything but I do know it allows for us to experience different emotions and find the one that sits best with us.

The rest of the "things" cluttering up my mind are unknown entities about what the future holds. I mentioned my to do list earlier and right now it feels I should put a cross through all of it and just put one big bullet point: sort life out! On a good day that feeling might be the intrinsic motivation I need to just get up and get shit done, but today it is overwhelming. All I can do is to say to myself that maybe things haven't worked out as planned recently but I have survived tougher days than Tuesday April 18th, and that is a fact. Maybe, just maybe, I don't see the benefits of the curveballs life has thrown - YET! So is there any point in worrying about that? Today of all days is clearly not the day to be making life affirming decisions.



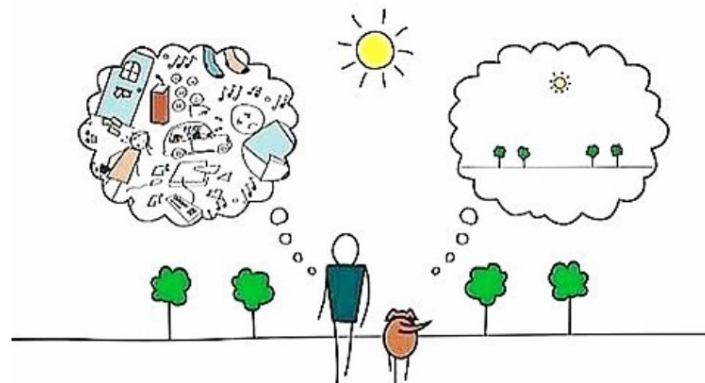
So often we are reminded about staying present in the moment, to overcome our anxieties and troubles, taking each day as it comes. So today I am allowing myself to cry as and when I feel like it and not worrying that I don't know exactly what I'm crying about at that moment. I am ok with the fact I need to take time to think about some of these events of the past and feel sad about them as it will help me focus on what I want from the future. The irony is I spend most my week talking to people about their battles with mental health and yet I find it incredibly hard to reach out to others and say today is a tough day. But I do practice what I preach and can apply the same strategies I would offer to others to help myself.

Anyone can have a good day.
The question is what do you do
on a bad day. That's when
you're being tested. In a very
tangible sense, a bad day shows
your innermost essence more
than a good day.

Arthur Golden

After a morning of feeling stuck, confused and a little lost I am now realising the best remedy for me today. A long walk with my dog, getting out to admire spring in full bloom and taking some deep breathes of fresh air could help me to still take stock of where I'm at and to reflect but in a way that helps me to accept that sometimes it is what it is. I can then, hopefully, begin to find some clarity in my thinking, which will inevitably make me feel better about things. I don't know if this is a cure, a remedy or if it will even help at all but I know it is certainly a better option for me right now than staying locked away from the world, waiting for the storm to pass.

Mind full vs Mindful



Learn to be present
and enjoy the moment.