

August Musings - Mental as Anything

Do you ever have moments of madness when you feel like you're going troppo and about to mentally implode? I bet you do. In fact we all belt out piano concertos on that internal mental keyboard of ours, moving up and down the ebony and ivory scale, hitting perky high notes one day whilst slipping into darker, deeper tones the next.

It's the stuff of yin and yang, the stuff to test resilience and to grow wings, the stuff to provide clarity through contrast. It's mental health in motion!

The good news is that it's perfectly normal to have 'off days', days when you just couldn't be bothered, days when the skyline is looking a tad grey even though the sun's strutting its stuff, days when the glass is less than half empty.

The trick is not to *become* them but to acknowledge them, thank them for visiting and encourage them to move on.

"Easier said than done" says you. To which my reply is "Usually always is!"

So, to give yourself a 3-runged leg up, first up:

1. Remind yourself that you are captain of your own ship and that you have an OAR (you take Ownership, are Accountable for your actions and are Responsible) to help steer you in the direction of where you want to go. Simply put, you're in control of your destiny, so if you want to hit a higher note, you need to come to the party and play.
2. Now grab your smartphone, take a selfie (self-awareness is key) and on a scale of 0 – 10 where 10 = 'on the wings of love' type happiness and 0 = completely off key and out of tune, what's your number? Note that a person with untreated clinical depression won't even make it to the keyboard, so if you're having a bit of a blue day, you'll probably register a 2 or a 3.
3. "I've got the picture, what's next?" Time to focus on solutions! Ask yourself if you've even felt better than this, and given that it's highly likely that you have (cos I know you've got an OAR tucked under that arm of yours), ask yourself what you were doing when you felt better.

Perhaps you were exercising more and as a result were eating and sleeping better. Who knows? One thing's for sure, you probably do.

Just know that we're not always in harmony as we aim to feel more melodious (as opposed to 'maladious'...I think I've just coined a new word here), but with a bit of fine tuning, we can learn to climb the scale with greater ease.

And take solace in the fact that *What goes up must come down...* Blood Sweat and Tears...how apt.

Up, down, in, out...it's the rhythm of life.

Till next month, here's hoping I've struck a chord

Caroline