

Diary of a Psycho Therapist

WHO ARE YOU CALLING MAD?

Who are you calling mad? Me? Yes me! Well, maybe I am! The thing is that mental health exists on a spectrum just like physical health, so what we invest in our mental health can make a real difference on the days we practice self care and self compassion. The days that are all too much will pass too. We know this because they do... every time! We all have good days and bad days with the inevitable loops and curveballs coming at us. Some of us are simply better at managing the pendulum of emotions and thoughts that are running a daily marathon inside all of us, and others kind of struggle! There is nothing to be ashamed of! I would question anyone who claimed they weren't a little mad at least sometimes. I know I certainly am. Yes, we hold our stuff together everyday and yes, that thread is sometimes super thin but remember that we still do even amidst the most passionate of storms.

So next time you pass someone going nuts, your best friend or colleague is having a melt down and you cannot connect, take a step back, take a breath and let's show a little love and less judgement. Add to that a dollop of empathy, spice it up with some compassion and you have a foolproof recipe for supporting progress over building up even more hurdles, because it's hard enough, right? Open your mind because your brain really isn't going to fall out. After all we are everyone and everyone is us!

THRIVE &
SHINE

Tara x



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