

MY MAD, NOT SO FAT, DIARY



Last week I spoke to the Next Gen GM co-founders and I was delighted to hear they will be undertaking a webinar to raise money for the mental health charity; Mind

I am bias, but the subject of mental health impacts more individuals as the holiday season draws near and many individuals worldwide are suffering mental health concerns due to the events of 2020. This will only become more amplified as the festive season draws nearer.

Even if you cannot attend the Next Gen GM December 2020 Mind Fundraising Webinar why not donate a ticket and let Holly and Natalie know that you will not be there. We have all suffered this year but spare a thought for those suffering mental anguish.

Over the last few weeks things have stabilised.

My anxiety tablets are helping me, although at points I have just nodded knowing perhaps I need to have more of a reaction, but the drugs make me a mellow human being. This may not sound great, but in all honesty, I was all over the place and the ability to sleep and focus is precious right now. Going outside is a little easier and I feel less anxious and am now noting the insignificance and selfishness of individual problems.

A friend advised me that they saw a person shouting at a customer service assistant about a receipt not printing.

Just to be clear this was for a coffee.....

The whole "be kind" and collective community seen during the coronavirus pandemic has officially ended!

Stories like this make me laugh but are equally worrying given the other problems in the world right now. I am struggling at present, yet I am feeling better with the support of my councillor and the great literature that can be provided by the team at Mind and other charities. I know everyone is dealing with tough times albeit if you can get up in the morning you are luckier than other individuals whose mental health concerns mean this is hard to do.



Some days I have slept until the afternoon before eating something and going back to bed.

I am not physically ill but mentally I am often drained and know that I am not the only one who has felt this way during 2020.

Support the Next Gen GM December 2020 Mind Fundraising Webinar, I know without mental health charities the blog entry this week will not be as positive and I will still feel lost.

until my next blog entry, keep safe and positive about life everyone.

Salutem Mentis



CURRENT MOOD

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