

MY MAD, NOT SO FAT, DIARY



I am grateful to say that things have calmed down and I am less anxious, that may be the four tablets that I take daily, versus I am actually calmer.

I have left my previous employment and am starting the daunting search for a new role, something I have not undertaken in over five years, with little prospects advertised that are suitable for me.

My current situation is not one that I am alone in experiencing and colleagues, friends and loved ones have all been supportive.

However, despite this I feel alone and equally find it hard to express my feelings. There is a sense of worry that I will become a burden or equally individuals will try to solve my problems. However, sometimes the problem cannot be solved and it has to be ridden out; which is something that many individuals do not understand.

There is not an on or off switch that will magically make my problems go away and sometimes it feels that individuals think that I "should just get over it."

There is an expectation that if you are physically healthy and have a roof over your head that life can be worse, but with mental health this is not true and life feels worse to me.

Never tell an individual to get over a mental health concern or complain that it is the same issue, yes it may be the same issue, but it cannot be helped no matter how hard the individual tries.

Trust me I know from experience!

At present I feel lost with no clear path. I can get out of bed each day but it is not easy, especially to find the motivation to look for a role. I know I am not the best person I can be right now but I have no idea how to become that person. It is incredibly frustrating to know this statement when I have to be the best that I can be, despite little drive or determination to achieve anything.



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If an individual ever complains to you that they feel alone, confused or lost do not dismiss their feelings.

Take the time to speak and **listen** to them. I have never wanted anyone to solve my problems but I do need someone that I can confide in and tell how I feel no matter how ridiculous it may sound.

To not judge a mental health concern or individual who is going through a tough time means more than anything else and can make a huge difference to the individual's recovery.

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



Salutem Mentis

CURRENT MOOD

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