

MY MAD, NOT SO FAT, DIARY



Unfortunately, once again I am feeling low, it is fair to say depressed and whilst I find writing the Next Gen GM Mental Health and Wellbeing blog entry therapeutic, I am still feeling sad about not spending Christmas with my family.

I feel very lucky to be with my partner but Christmas was something I had been looking forward to and would have brought a sense of normality that I had missed throughout the majority of 2020.

Christmas was in effect cancelled, thank goodness we had a turkey...

As I write the blog entry we are in lockdown again in the United Kingdom with little to do. More businesses and people are suffering not from the coronavirus pandemic but the endless lockdowns and restrictions that we are subject to.

I am continuously exhausted.

I support the actions of lockdown but it needs to end as I see my mental health spiralling into a pit of anguish more frequently with little appeasing me even though I know I am not alone. It is hard to get excited when there is nothing to look forward to. However, it is good to see conversations about mental health increasing as so many are suffering during this difficult time.

It is also a relief to see more job opportunities and I feel confident that different job opportunities are increasing each day.

Thankfully with the hope of a routine and something that will keep me going looking more likely, this may be what I need, especially with more restrictions on the horizon that mean more tough times for everyone.

If you do have a mental health concern it may feel tougher given we are isolated. I have struggled to see some of my closest friends for nearly a year due to the coronavirus pandemic restrictions.

It is heart breaking to not have met my friend's child and to not be able to share in moments with loved ones.

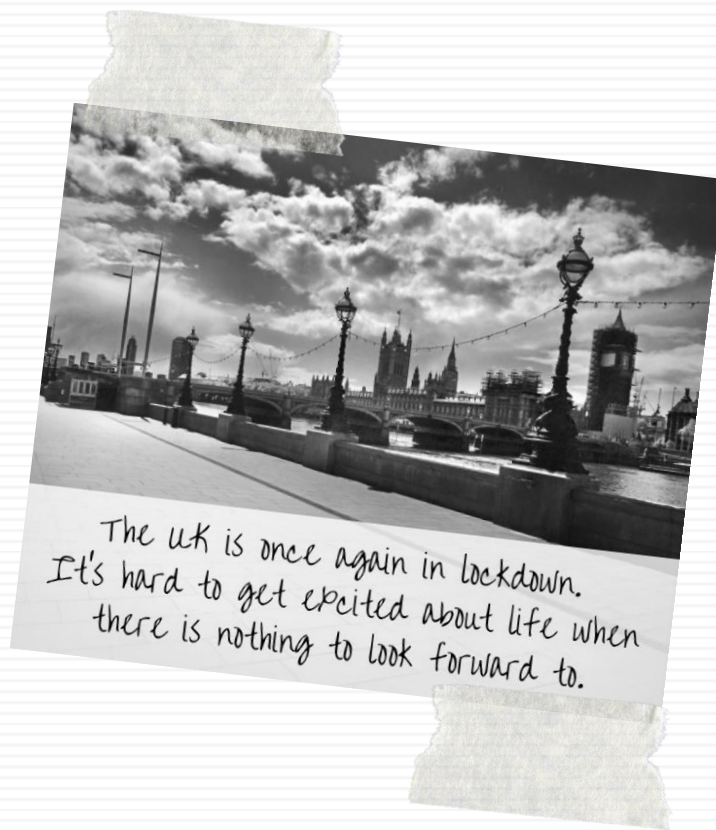


Whilst the coronavirus pandemic is raging we seem to be missing out on more of these moments frequently. Naturally this is to be expected but when will this end and life return to normality?

I am fed up and just wish to live the life I have worked hard to achieve.

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

Salutem Mentis



CURRENT MOOD

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