

# TURN YOUR DAY AROUND

(in 30 minutes or less)

*Tom Holland-Pearse*

# IT'S NOT YOUR FAULT AND YOU ARE NOT ALONE



How long's it been? And how long do you think this can go on for? I know you've skipped breakfast today. I know you haven't slept well. But you can't just lay here. It's nearly lunch time. You've missed the morning and you're feeling like an utter failure. The thought of standing or even opening your curtains feels like it might just finish you off... And yet, the responsibility is ours to do something about it. So, what are we going to do?

The truth is that Depression and Anxiety can affect us all. Men are no different. There is no shame in feeling the way you do, even if you think it's all your fault, you've let everyone down, or that somehow you deserve to feel like this.

This said, it is important that you learn the steps to recognise when we have gone wrong, experienced a set back, or come off track and learn the skills to overcome it.

*Tom Holland-Pearse*

# Why Does This Always Happen to Me?

Depression, Anxiety and Low Self-Esteem can leave you feeling small, weak, and worthless. Perhaps you don't feel strong enough to face your problems today. Perhaps you just don't have the energy. It can all seem too much and leave you huddled on the floor wishing it would all just go away. However, this is reversible so long as we remain pragmatic about the situation we face.

Life is hard but this doesn't mean you don't deserve to feel happy. So, no matter your opinion of yourself right at this moment - start by remembering you are not on your own with your struggle, and you have gotten through harder days than this before.

Remember that this feeling will pass, just like it always has done before, and you are capable of making that change.



## BANISHING THE OVERWHELM

Start to banish the overwhelm of how you feel by listing out the problems you feel you have to confront today. Writing them out (and understanding their parameters) will start to allow you to focus on what you can solve and what needs to be done.

It's the same with any fear. As soon as you start to articulate why this is such a problem to you - *in concrete terms*, we start to see the fear for what it is: often imagined, unlikely, and something that you are *more than capable* of dealing with.

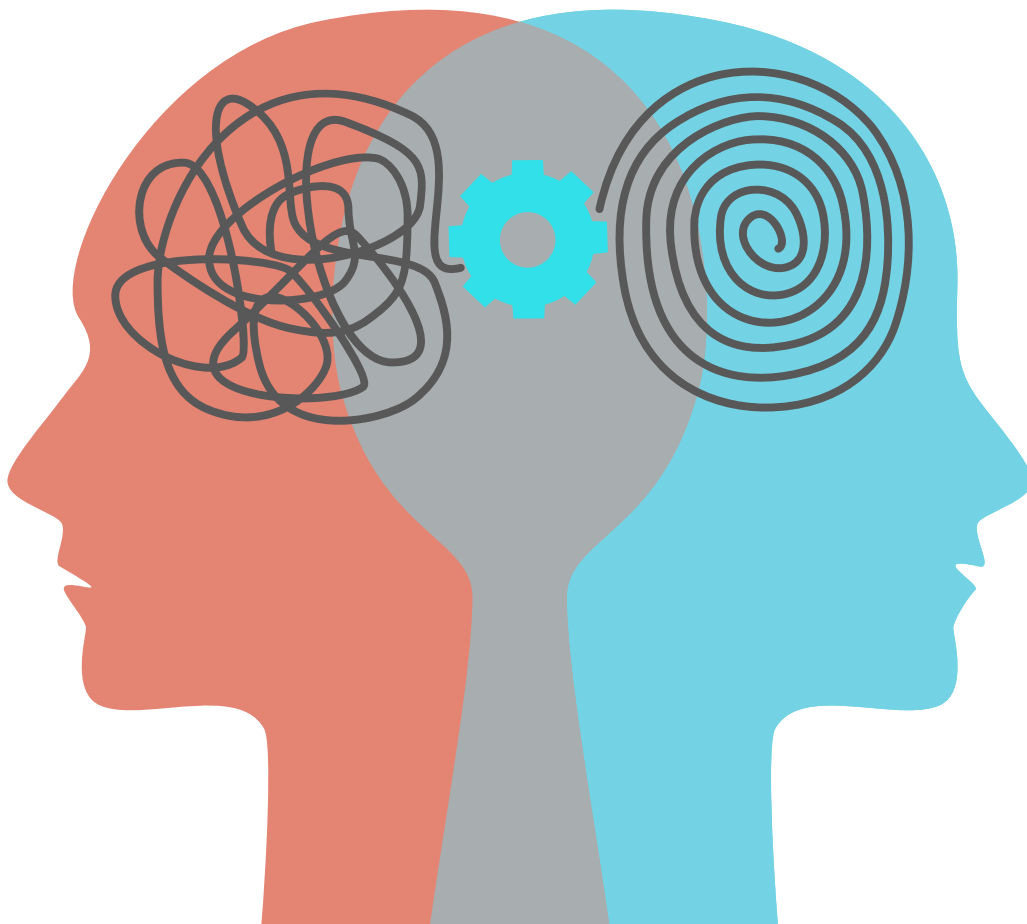


# TREAT YOURSELF AS IF YOU ARE YOUR OWN CARER

Now we've had a chance to think about your problems pragmatically, we can start to see them for what they were. Now start breaking them down into even smaller bite size chunks. Were you worried about your finances? Think about why that is so important to you. Are you scared of letting your family down? Reflect on how your family would feel if they knew you were suffering like this.

Reduce these worries even further by considering a bite-size approach to fixing them. What do you need to do. What's one *tiny* step you could take that is designed to solve that problem even slightly. Do you need to call someone, or send a text? Perhaps you need to send that email or just call a friend for support? Whatever it is, break the problem down so that it's so bite-size you could do that right now. And focus solely and unwaveringly on that alone. Do it now.

Notice the relief you feel from simply recognising what's plaguing you and then making a small 1% step to solving it. What do you feel like doing now? Perhaps you are starting to notice the motivation you need for step 2? Perhaps your problem is already beginning to diminish right before your eyes.





# FAN THE FLAME AND DON'T LET THIS MOTIVATION GO

Congratulations. You have started to think more clearly and you have become proactive with your problem solving. This is Cognitive-Behavioural Therapy in a nutshell. Now, with your new found motivation it's time to get yourself up and dust yourself off. Take care of your body's needs next. Eat, drink, wash. Get up and get dressed. Invest the time in getting this part right and the rest of your day will pay you back in dividends.

Imagine you are pushing a broken down car. The car is heavy at first as you move it from a standstill. But you don't give up - you keep pushing because you have to. What you notice is that the car starts to pick up momentum and the pushing gets easier. The car begins to roll and eventually the engine kicks in, and that car is able to move itself. Your motivation is exactly like this. Don't let the initial effort put you off - your reward is just simply round the corner.

*Tom Holland-Pearse*

# Think Rationally; Act Accordingly

Take your first step to turning your day around right here.

## How do you feel?

*List your emotions, physical sensations, and motivation levels.*

## What is the problem?

*What happened to get you here? What are you worrying about?*

## What's one thing you could do to improve this situation?

*Consider who you need to speak to, or things you need to prepare. Be practical.*

## What are you going to do right now to fix it?

*Keep it bite size. It has to be something you can do in the next five minutes.*



Let me be the first one to say well done for making it this far. You have already taken fantastic steps to turning your day around. You should be proud of this. Self-help can be a wonderful thing.

If you feel you need more support, then do not hesitate to reach out to a licensed therapist for a more comprehensive understanding of your difficulties and a more extensive reach of how to get through the bad days. Remember you are not on your own and there will always be people here for you if you ask.