

Peer Perspective

February

Somedays I wake up and I can feel that it is going to be a tough mental health day. Most often these days feel like they come out of nowhere. I don't want to get out of bed, I just want to roll over and sleep the day away, but I can't. I have responsibilities. I don't want to go to work. I don't want to go to school. I don't want to do anything. Everything seems so hard and overwhelming. I can't imagine how I will get thru the next hour, let alone the day. So, what do I do to get through these hard days?

One thing is identifying what I am grateful for. My first therapist challenged me to write down three things I am grateful for each day. I really hated this exercise initially, but for some reason it stuck with me. My therapist challenged me to focus on the positives aspects of the day, which I felt was stupid. After the first day, it still felt dumb. Even so, each day I continued to do it. Writing what I am grateful for each day made it easier to see the positives in life. To this day I still create a list in my mind on difficult days. It helps bring me back to a positive frame of mind and I can think clearly again. This exercise helps our brains identify and notice positive aspects in our lives. I feel it has changed my life for the better.

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