



## Just Keep Your Eye on Your Own Bobber Instead of Looking at Everyone Else's

Some time ago, I struggled at doing my job because I didn't have much ambition to come into work. Somedays, I had to force myself just to get up off the couch and do something, anything. I got little to no pleasure doing the things that made me happy. I ignored my artwork, woodworking, and exercising at the gym. I've struggled with this for a couple of months, and I didn't know what is causing it. I weighed some of the things I thought it could be. Were my sleeping patterns off? Was it my medication causing it? Perhaps my cancer is returning? All these things were possibilities, but when I talked with my therapist the other day, she had another theory. She brought up it could possibly be what they call compassion fatigue or caring about others more than you care about yourself.

When you take an aircraft somewhere, the flight attendant explains what to do with the yellow masks that may fall from the ceiling if there is a problem with the plane. They always tell parents to make sure they put their own masks on first before they do their children. The reason is so parents can make sure they are ok themselves before they can help anyone else. I realized then that I was spending too much time worrying about other people's problems and not on my own.

My therapist said it is the same concept. I realized then that to help anyone else, it was just as important to take care of myself first. I wrote a little while ago about how when I was struggling to do something, I tell myself to "just go." I've decided to do that, I force myself off the couch and to do something productive. I once again found the time to indulge in my hobbies to keep myself busy throughout the day. I've discovered my therapist was probably right, and now I share this story with my clients in the hope they can find whatever makes them "just go" in order help motivate them achieve their goals.

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