



How to open up about your feelings

Did you know **Samaritans Awareness Day** is hosted on 24th July?

It can sometimes be difficult to talk about your feelings and it's common to feel worried about upsetting the people you care about, feel nervous about what people might think, or how opening up might affect your relationships.

You may feel it's easier to talk to friends or family, or you might find that it's easier to approach a professional first. There's no right or wrong, but often those closest to us can be a valuable source of support.

The simple act of talking has the power to make a big difference to someone's resilience levels. Here are some ways to embrace the power of talking and opening up about how you feel...

Be kind to yourself

Whenever you feel uncomfortable, unsure or guilty about sharing how you feel, ask yourself what you'd say to a loved one dealing with something similar and apply the same kindness to yourself. Talking about our feelings can make us feel vulnerable, but try to see it as investing in yourself.

Ask yourself questions

In challenging times it's important that you are pragmatic about what you can control to avoid overburdening yourself or feeling bad if things don't go to plan. One way to avoid overwhelm is to ask, "is this in my control and can I do something about this?" Turning your mind towards acceptance will help build resilience.

Self-talk your way to confidence

Having confidence in your own ability to cope with the stresses of life can play an important part in resilience. Listen for negative comments in your head, and when you hear them practice immediately replacing them with positive ones. How you talk to yourself can greatly affect how you think, feel and behave.

And finally, our tip of the month; the one thing we ask you to do today if you do nothing else...

Stop making comparisons. It's very easy to compare ourselves to others, particularly in the world of social media, but it can help to be aware that things aren't always as they seem from the outside. We often only see a snapshot of people's lives on social media and this is usually only the parts they want to share. Don't make comparisons, instead focus on yourself, how you feel and what you need. Be grateful for the things you have in this moment.

