



Monthly NEWSLETTER

April gives us the opportunity to think about those hard days. We can learn how to manage them if we stop for a moment and reflect. On these days, it can feel endlessly difficult, as if the odds are stacked against us. We often need to make a decision in order to get through it but hard day can be a great teacher.

The day will eventually end and you can look back on it, taking a pride in the stamina, courage and ingenuity it took to hold Your ground.

We can also look back and see how we could have done things differently. This knowledge will be invaluable when we face hard times again. Getting some space, maybe a walk in the park or at the beach, can remind us that external circumstances are not the whole picture. Once we re-centre ourselves, we are better able to determine our next move.

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We can gain a little perspective and change our attitude to what is happening, recognising the opportunities that are presented to us

Being true to yourself can be influenced by your mood circumstances and what we are dealing with.

We may be showing our best self rather than our true self. Showing others the self we think they expect us to be. Self-respect comes from being true to who we really are. So what do we really mean when we say we should be true to ourselves?

This may mean:

- **Following our heart**
- **Being honest with others**
- **Reflecting on our actions**
- **Listening to our intuition**
- **Finding out what you are good at (and not good at)**
- **Realising who you truly are, not who you want to be**
 - **Reflecting on your achievements**
 - **Gaining clarity to make better decisions**

“Be yourself – everyone else is already taken” Oscar Wilde