



# 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.**

**GET IN TOUCH FOR AVAILABILITY - 07936 037 939 [www.gotalktherapy.com](http://www.gotalktherapy.com) - [rachel@gotalktherapy.com](mailto:rachel@gotalktherapy.com)**

**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**