

Wellbeing blog 8th May

It can be very tempting in the current circumstances to fall into the 'it's just not fair' frame of mind. It can be a really easy thing to do, we're all missing friends, family and normality and it is a natural response to be a bit cross about it. That may be a bit of an understatement given the huge impact the closing of schools and the cancelling of exams is having.

We didn't choose these current circumstances but it is important to remember we can change our response to them. The poet Maya Angelou puts it really well when she said:

*'I can be changed by what happens to me but I refuse to be reduced by it.'*

The key here is to remember the importance of building resilience, this doesn't minimise the impact of difficulties and challenges, it just gives us the strength to deal with them. I've talked before about how important it is to be kind to yourself. This means recognising how you are feeling and giving yourself permission to take time to work through those emotions. One example of this is grief and loss. Of course if you lose someone close to you, you will be devastated, this is absolutely normal. Sometimes though our emotions can overwhelm us; that's when it's time to talk to someone.

Remember we have wellbeing staff and counsellors available, if you would like to access support please get in touch through the wellbeing team. We also have lots of useful links on the wellbeing section of the website.

Finally, do remember, asking for support and help is a sign of strength. We'll get through this together, building our resilience on the way.

And finally, I'd like to finish this week with a quote from a very special person who demonstrated great resilience throughout his life:

*'Do not judge me by my success, judge me by how many times I fell down and got back up again.'*

- Nelson Mandela