



## *Moving Forward When You Have Distractions*

Over the last number of months I have been seeing all the results of my CBT sessions come to fruition. I have been feeling on track and staying there. Suddenly, while everything was going great my mum needed emergency surgery. This happened a day before I was meeting someone I had been estranged from for 4 years and also my half-brother was arriving from Canada for a visit. The emotions and worry about my mum coupled with the potential nerves of this big meeting from the person I had been estranged and also the excitement of my half-brother arriving felt, in honesty, overwhelming BUT by using many of the techniques I learned everything flowed so well....why? because I am in control of my emotions and thoughts. I have had a very busy week but the old feelings of fear and panic have not resurfaced to the level they normally would.

I am sharing this story because no matter what life throws at you....and as we well know, it will always throw stuff at you to deal with, you are able to stay in control and work with the energy and not resist it.

### *3 Ways to Keep Moving Forward:*

1. Try to detach from the stress for a moment. Imagine putting your stress on the table and looking at all angles of it - from how it feels emotionally to how you can get a solution to deal with it. By detaching from it, even if just for a moment, you can see it more clearly.
2. Ask yourself what you need. When we are challenged, it brings up negative emotions and these emotions are desperately trying to show you how you are

feeling. Again, sit back and allow the emotions to rise to the surface and ask yourself what you would need to help these emotions to get better.

3. Visualise a better outcome. When I feel overwhelmed or that I am going off track, I usually lie down for 10/15 mins, put on some relaxing music and visualise exactly how I would like the situation to go. If you can breathe deeply in and out through this exercise and allow the body to relax and just be, it really helps.