

Tired / deflated / low / anxious / no motivation / easily agitated / helpless.....

.... What was going on?
.... Why was this happening to me?
.... When would it all stop?
.... What could I do about it?

Just some of the thoughts, feelings and questions going around inside of me 12 months ago!

I had been through low times before in my life, felt down for a while, never knew why or did anything about it as I managed to somehow pick myself up and carry on with life basically as if nothing had happened.

Not last year though - I knew this time that something was wrong and I had to do something about it but needed help – working with Emma has brought about a key transformation in my life so far!

The first few months were hard and I felt little progress was being made - having to talk about myself and open up about feelings / emotions was alien to me - basically I learnt that I did not know myself which had to change.

I also learned that there was no “magic wand” that could be waived to make me feel better – I had to do take ownership, be strong and do some work myself – scary stuff!

To hear the word depression in relation to me was also hard and the thought of taking medication was even harder – I was very anti medication and could not come to terms with this for some time. However the more I looked the more I could see the evidence was there – why therefore ignore it?

Eventually the yearning to “want to get better sooner” took over and I started with medication - nothing happened initially however changes in dosage and medication type over a few months resulted in me starting to feel better, more motivated, less anxious at last, I could see through the fog, something positive was starting to happen!

Over many months there have been ups and downs - I have felt pain, discomfort and difficulty in opening up / displaying my true feelings however also much jubilation and invigoration at times as I am feeling better.

I am now able to look at myself more kindly, put less pressure on myself and achieve more both at home and at work – I also understand life and myself much more, feeling far more comfortable in who I am.

Whilst the journey is still underway and road at times is rocky, I am more in control of where I am going and how I am getting there!