

Tough time advice

Breathe.....several times a day sit down and breathe slow and deep to get your body to relax

Once a day write down what you are worried about, and notice what changes in what you write day to day. Make a list of what you think is causing the problem, the distress. Make a list of questions you want to ask the counselor when you meet.

Play music, look at photos, watch movies that inspire you, calm you, amuse you. You are not the first person to feel this way; it will pass as you learn to trust yourself and believe that this is life and it is still good.

Don't stay shut up in your room; get out of bed, put on some regular clothes and go out every day.....walk around, get a cup of coffee or a soda, watch and listen to people.

Don't get drunk; that just makes things worse. It might shut down your mind for a few hours but when you sober up you just have more confusion and pain. Not saying don't drink at all....that is up to you. But don't get drunk.