

Newsletter

My Regular Mistake

We all get caught up finding solutions when it comes to mental health. We search for retreats, holidays, finding the newest self help books or listening to a podcast that promises to change your life for the better... apparently but is the answer always that complicated?

The weekend just gone was a proper reality check for me. I told myself I wasn't going to work. I needed a break. I was going to switch off.

Did I? No!

I in fact failed miserably. I worked Friday night, spent all of Saturday on a mental health course I enrolled onto and was being chased to get completed and then most of Sunday I worked on the Onward Shift platform and a new podcast launch. By the time it hit 6pm on Sunday, I felt like a zombie just staring at a screen all day. You know that feeling where your head's fried, your eyes hurt and you don't actually remember your last toilet break, yup that was me.

So I thought, I need to get out the house. Just a quick 20-minute walk around the block, nothing major but if you know me then you'll already know I don't really do things in halves. That 20-minute walk turned into a two-hour walk through a forest... all or nothing as usual (thank you ADHD)!

In a rush to get out I forgot my headphones which is super annoying because how does one walk with no tunes blazing? Fortunately something changed about 15 minutes into the frantic walk to nowhere. I actually stopped for a minute.

I could hear the birds tweeting, I could hear the water running through the streams. I actually looked around instead of just walking past everything. I saw muntjac deer, massive kites, swift kestrels, rabbits and even heard wild boar grunting nearby, which I won't lie, made me a bit twitchy knowing they can run at 30mph and my belly would most definitely not allow the to run at half that pace.

& then I realised something. Sometimes you just need to get outside and switch off for a bit. No goals, no missions, no "I need to be productive", just getting out and being present gave me the opportunity to slowwww downnnn and it felt great! I wasn't pretending to be chllaxing (do people even use that word anymore?) on my phone, I wasn't trying to fix problems or work on the next best thing since sliced bread (talking about Onward Shift there obviously) I was just enjoying the world around me and it cost me absolutely nothing and its practically on my doorstep and its on your too.

We spend so much of our time glued to screens, constantly on, constantly thinking, constantly trying to stay on top of everything, that we forget what it feels like to just be still for a bit. To just exist without pressure and I'm as guilty as anyone for it. That weekend proved it.

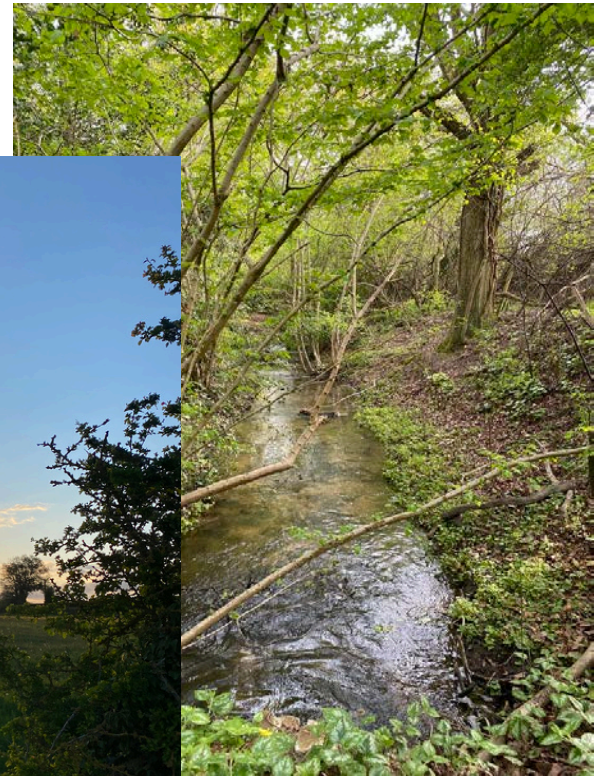
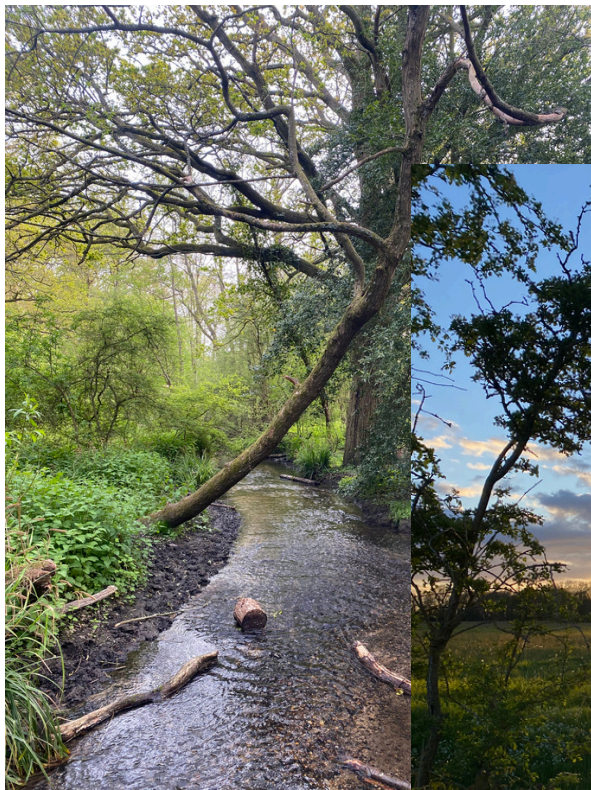
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So this is a forceful reminder to get outside this week. Even if it's just for 20 minutes. Don't take your phone out your pocket. Don't rush it. Just walk, look around, listen to what's there because sometimes the best thing you can do for your mental health isn't another tool or another strategy. Sometimes it's just giving yourself space to breathe.

Feel free to send me some pics of your ventures, I promise to be slightly jealous.



New Episode OUT NOW!

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