

APRIL SHOWERS BRING MAY FLOWERS



The saying April Showers Bring May Flowers is a good way to look at our lives some days.

It often takes the dreary times to help us appreciate the good times more.

Everyone has good days and bad days. We all have times in our lives where life is more of a struggle or challenging than other times. During these down times, it can be more difficult to complete our usual daily tasks while facing the new challenges in our lives.

Often, this is when we need to get creative to make it through. We have to determine what we need to do to survive the day and what we need to do to reach the goals we have for our future. However, sometime, this can be easier said than done.

To help with those challenging times, here are a few starter thoughts and ideas for making those challenging days a little less stressful.

Recognize & Accept Your Limitations

We all have strengths and weaknesses and it can be challenging to accept our limitations at times. However, when we are most stressed out, this is the time to accept those limitations and ask for help when needed.

Ask for Help

Asking for help can be as simple as asking someone else in the home to do the cooking or dishes today because you are more stressed than usual. This can also mean asking for help dealing with your struggles, *either from friends or from a mental health counselor.*

Give Yourself a Break

Many of us hold high standards for ourselves, even more so than what we hold for others. It's ok to give yourself a break and allow yourself time to deal with the stressor or heal from the stressful situation.

Do Something You Enjoy

We all only have 24 hours in a day. Make sure to spend some of that time doing something that you enjoy. You cannot have your perfect vacation every day of your life, but you can do a little something for yourself each day.

This can be as simple as spending time alone to read or having lunch with a friend.



Keep in mind with only having 24 hours in a day, the more time you spend doing positive things and focusing on the positives, the less time there is for the negative. We need to know that the rain will pass and the rainbows come. Our sad days will lead to happier times, but sometimes this takes a bit longer than we would like for it to.

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.