

*Nothing can help!!!*

Lets break this down, a minute, a second at a time nothing too big, nothing too scary something to help you in the moment.

*Where do we start?*

Breathing is a good place to begin, breathe deep, without breath where would we be, at times this option sounds like the perfect solution but we are trying to focus on keeping alive.

Talk to a friend, which can be a two legged kind or your pet, they're good for talking to.

Stroke your pet. Play you favourite music, even if it is just on your personal CD player, listen to the music, feel it all around you.

Make yourself a drink – coffee, tea, hot chocolate, what ever you like, give yourself permission to take the time to sit and enjoy it but try to keep away from alcohol. You're allowed to be nice to yourself

Cry if that's what you feel like doing, don't bottle it up, it's better out than in.

Write it all out of your head, get a pen, paper and just let the words out, don't worry if it doesn't make sense, this is your stuff! Empty it all out.

Remind yourself of what you have achieved, even in a day like today, you haven't lost sight of everything, you're here, your breathing, you're trying your best.

Cuddle your teddy, watch your favourite movie. The list goes on and on, and is personal to you, what else can we add, you are all creative resourceful people, what works for you, so this is an opportunity for you to share your resources, your resources may be just what somebody needs.