

Self-Reminders for the Anxious, and Depressed



1. You are not alone.

Many others around the world may be feeling the exact same way you do. Please don't think there's something wrong with you for feeling this way. As humans, we ALL go through rough patches and hard times, regardless of how personal they may be. Your feelings are valid. You are human. You are perfectly normal.

2. There is nothing wrong with getting help.

Through these times, you may feel like nobody will understand you, and therefore, nobody can help you. There will be people, family, friends, who will be glad to talk to you and try understanding you, don't be afraid to give them a chance. Needing help isn't a sign of weakness. Just like #1, it makes you human. As cliché as it may sound, no man is truly an island.

3. There is also nothing wrong with pushing others away.

Just as there may be people who can help you, there could also be others who may just make it worse. It doesn't matter who they are, how long you've known each other, just remember that you're just doing what's best for yourself. There is nothing wrong with that.

4. You don't have to do things others do or people tell you to do.

This is especially true if you really don't feel like doing that particular activity. Don't allow peer pressure to get to you. Always remember that you need not force yourself to be someone you aren't. People may not understand you at first, but what's important is you're doing what you really want to do, and you're not doing what you really don't want to do.

5. In life, you cannot win every battle, but you can definitely win the war.

There will be times when we will lose, when we will fall to the ground, lose our momentum even. Remember that it doesn't end there. Forcing yourself to win through every day of your life is a rigorous task. Instead, it may help to remember that there will be battles that will torment you, but that doesn't make you lose the war. Never lose hope, there is always another day, and as long as there is, always look forward to that day.

6. You are in control.

No matter what happens, you make your own decisions. It is your body; it is your life. You can steer your own life and your own future to the direction of your dreams and aspirations. Just think about all the decisions you've made that led you to where you are now. Without those decisions you made yourself, you may be somewhere else, someone else. In the same way, your decisions can lead you to who you want to be in the future.

7. Rest.

You need it for yourself. When you get tired during the day, feel free to sit down, grab a cup of coffee, eat a sandwich or any other snack. You may also spend some time with a friend you're comfortable with. These little activities, as negligible as they may seem, can actually influence our mental health significantly. We are not superheroes; we do need the break once in a while, just like everyone else.

