

Helping yourself through what you can't change

At times we might experience intense physical symptoms and unpleasant thoughts and feelings. When this happens we might be aware of a natural urge to fight what we can't change. This can pull us into responses that don't help and can add to our problems in the long term. Making a choice to do what we can to look after ourselves at these times can help us to meet our needs and stop the cycle of fighting what we feel. This helps us to break out of a cycle which leads to more stress and increased symptoms and to give ourselves the care we all need when things are tough.

What symptoms, feelings and thoughts are hard to tolerate?

How would you help a friend if they experienced this?

Can I use any of these ideas to help myself?

What I would say



What I can say to myself

What I would do



What I can do

My attitude towards them



My attitude towards myself

Most of us find it easier to take care of a friend who is finding things hard than to take care of ourselves. What would help a friend would also help us. We can learn to take care of ourselves by thinking about how we would care for others.