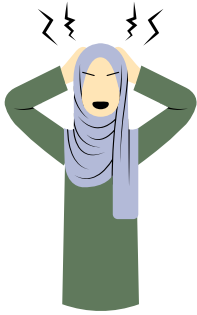


Feeling Distressed.

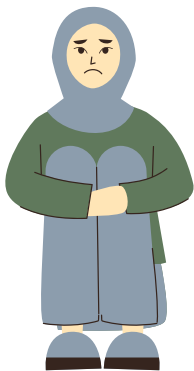
When we are feeling distressed, it is vital that we do something to alleviate the distress. Often, we do nothing, or we don't know what to do because:



When we're distressed, we can't think what to do



When we're distressed, we can't remember what helped in the past

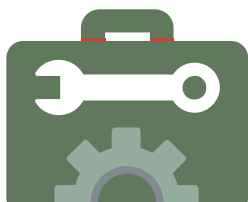


When we're distressed, we're often overwhelmed with a sense of powerlessness

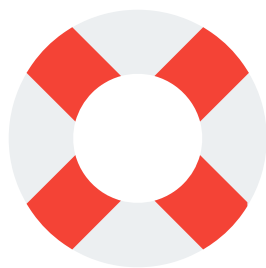


When we're distressed, we don't believe that anything will help.

Feeling Distressed.



That's why it's important to build up a toolkit of ideas, strategies and lists to help before we're feeling distressed and overwhelmed.



It's like checking that the lifebelt is in place before jumping into the sea and practising swimming when the water is calm. Many times, we look to other people to help us when we're distressed and feel desperately lonely and even abandoned if no one is available, or no one knows how to help.



People are great, but we can't always depend on them being around. And even if people are available to help, we still need to take the initiative in feeling better.



Our feelings - even of distress - are our responsibility, and the sooner we develop strategies for managing our difficult feelings, the easier life will become.