

Dealing with Uncomfortable Feelings and Thoughts

This is a real problem for many of us at the moment. It's also the title of a helpful booklet from the Somerset Wellbeing and Learning Community. I recommend the beautifully illustrated booklet for its simple yet important wisdom, written by Somerset Psychiatrists Dr Rani Bora and Dr Suraj Gogoi

The booklet reminds us of three key concepts for Self-Awareness

- **The metaphor of the sky** (your true self that never changes) **and the weather** (our ever- changing human experience)
- **how we can deal with uncomfortable thoughts & feelings**
- **We may be lost, but we're not broken.**

It explores the territory of human experience that refers to all of us – because we are all human, and all share similar aspects of experience, such as

- Our mood goes up and down
- Our thoughts appear very real to us
- We feel uncomfortable or distressed when we get unpleasant thoughts
- We all get entangled in our emotions
- We find ourselves reacting to challenges in life
- At any time, a vast range of experiences is available to us
- None of us is immune from mental health difficulties

We are reminded that we don't have to believe, or to act upon every thought, as thoughts only represent an ever-changing personal reality – just realising this truth can help us feel more at ease with life and the world.

The metaphor of the blue sky and the weather reminds us that who we are at a deep level is our true nature (blue sky, always there above the clouds). This true self, this innate wellbeing, is not affected by transient experiences and thoughts (surface emotional weather which includes clouds, storms and rain)

'You may be lost, but you are not broken' invites us to consider that our innate true self cannot be broken or damaged. We are NOT defined by our past experiences, our diagnosis, our current life situation or other peoples' expectations. It gives us a new perspective or insight when we feel lost or struggle to find our way.

The insights in this booklet are deceptively simple, yet deeply profound for our health and wellbeing. Why not have a read? It will take between five and ten minutes at most

<https://somersetwlc.co.uk/wp-content/uploads/2019/09/Dealing-with-Uncomfortable-Thoughts-Feelings-Booklet.pdf>

SWLC is a college for people from Somerset interested to learn life skills in order to experience good mental health, people with lived experience of mental health difficulties, their family and friends, and the professionals who support them. www.somersetwlc.co.uk