



When you are struggling with uncertainty, we often allow ourselves to have too much going on at any one time so that we eventually become overwhelmed, forgetting to look after our own needs and that to be able to care for others, we ultimately need to care for ourselves which in turn makes us feel good about ourselves, our lives, our values thus resulting in a long-lasting sense of wellbeing. Escapism from the chaos of daily life in your own little sanctuary in a place to be can be found in engaging in an enjoyable activity, increasing endorphins. Being more physically active, going out each day boosts feel good hormones, great for mental health. Flowers blooming, days getting longer and lighter, sunshine and warmer weather makes everything more bearable.

Allow time to immerse yourself in a single activity - for peace try moving meditation, for stillness try making impressions on paper, for rhythmic motion and focus crafting can be absorbing as can losing yourself in mindful meditation. Reconnecting with yourself is relaxing, peaceful and hypnotic.

Saying all this though do we go looking for it or does it just present itself to us. Maybe it has been there all the time and we have just not been aware of it. We have the ability, we just have to unlock the potential.

Allow those moments of bliss to take you on a journey to pure escapism – you know you want to!

The nature of life is that everyone's journey is different and, therefore, no one should ever stand in judgment of another. Not least because they have not travelled that same road. Instead, it's wise to feel grateful if one's own road is less arduous, or one is simply better equipped to deal with the harsher realities of life.

If you are looking for reassurances keep the lines of communication open between family and friends.

