

Self help matters.

Helping you to find your solutions

**Enjoy What
You Have**

Enjoy What You Have

The popularity of TV talent shows means we're lured into the fantasy of achieving fame and fortune overnight. They intoxicate us with the prospect of "making it big" and that's exactly why we watch them and love them!

The problem is that part of this fictional dream world stays with us and we begin to feel that "one day very soon" it will be our turn. But that's not life. We end up dreaming our lives away, thinking of a tomorrow that never comes. What we forget about and ignore is... "today".

If we learn to embrace what we have today, we'll enjoy it more, and probably be much less obsessed with dreams that might never be achieved. It's good to have dreams and important to have ambition, but it's better to live in the moment.

Top Tips

Perspective. Put things into perspective so you don't live a life of longing or disappointment.

Reality check. Consider the true value, benefit and consequence of what you don't have and why you think you need it. Now consider your current reality... is it really that bad?

Live in the moment. Train your mind and body to use your senses more, to smell the air you breathe, to listen to the world around you, to look beyond what you see, and to feel how your body experiences sensations.

Don't Go Compare. Sure, competition can be positive and motivating but it often breeds distrust, isolation and an unhealthy dose of perfectionism. When you're always comparing yourself to others, you're ignoring yourself.

Live for you. At some point in life you may lose someone close to you who had a hugely positive influence on your life and choose to honour them by "living for them". You do a greater honour by "living for yourself" while remembering them.

Parental pressure. We often make choices and decisions in life because we think this is what our parents want of us. In most cases, our parents just want us to be happy and confident. Get out there and find happiness and confidence!

Nothing to prove. "Proving" yourself to others may be associated with not having received the praise or attention you sought when you were younger. You don't need to prove anything to anyone ... except yourself.

Should. If you say to yourself, "I *should* do this", then often the word "should" refers to someone else, or a voice, telling you what to do. If you catch yourself saying, "I *should* do this or that", have a think about who's saying "should" here. Is it your parent, school teacher, supervisor, priest, relative or sibling?

Opportunity. University offers a huge opportunity to try new hobbies, interests and sports, as well as socialising and making new friends. The only limitation is usually time or your reluctance to engage, or both.

Mindfulness. We can become so preoccupied with the fast pace of life and we forget to appreciate the simple things in life. Use your senses to appreciate and enjoy what exists all around you, consider what you see, hear, touch, smell and feel.

Peace. Find what your 'inner peace' is – what, where and when do you find your ultimate relaxation core? Is it a beautiful view, a special walk, talking to a particular friend, listening to a track of music, reading a passage from a book?

Resources

MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



Opening Hours: Online

www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx

LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



Opening Hours: Online

<https://littf.com/>

THE MIX

Provides free, confidential support for young people under 25 via online, social and mobile.



Opening Hours: Online

www.themix.org.uk

MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



Opening Hours: Online

<http://mindfulnessforstudents.co.uk/>

UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



www.abdn.ac.uk/infohub/support

BIG WHITE WALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



Opening Hours: Online

www.bigwhitewall.com

If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - www.abdn.ac.uk/counselling