

Ever feel disconnected from your true self? Use these five prompts to evaluate your needs, desires, and the things that drive you – so that you can take the next step with confidence

Throughout our lives, we'll inevitably go through periods of feeling a bit lost, with a weaker sense of who we are and what we want. This might be following an important transition in our lives – for example, following the birth of a child, or the start of a new career – and it can begin to unsettle our relationships with ourselves and others.

To help you start a dialogue with yourself and evaluate your wants, needs, and values, we've collected together five key questions to ask, so that you can get to know yourself better.

1. If I had to describe myself in one word, what would it be?

Kind, ambitious, funny, confident, generous, adventurous, intuitive?

It may seem like a big challenge to sum yourself up in one word, but getting there will help you discover a key quality that you're able to identify in yourself.

If you find the challenge difficult, whether that's because you can think of too many things or you find it hard to come up with just one, reflect on why that might be. To read more please follow the link https://happiful.com/5-questions-to-help-you-get-to-know-yourself/?utm_source=newsletter&utm_medium=email&utm_campaign=week_20_46

5 Steps to Stillness – start January with a bang!

We live in a world that is moving at 150 miles an hour. There just always seems to be big changes occurring, more to process and more to do every day. Plus, with social media, the news, endless programmes to watch and the Internet, we are faced with the constant seduction of endless noise and stimulation.

But even if it were to all stop, we then have the noise in our own minds to face, things to worry about, our stresses, what we need to be on top of, buy, sort, fix all playing on loop... it just feels endless right now.

So, finding stillness at the heart of the storm is not only important, it is an absolute necessity. For our mental and emotional well-being. Our physical and energetic well-being. Our relationships. And our souls.

Here are five steps to take to successfully create more stillness in your lives, in mind, body, heart and soul.

Choose a time frame, whether that be two, three, five or seven days, then commit to it (of course, the longer the time frame, the more powerful, but take it one step at a time).

1. Social media detox

The constant pull from social media to pick up our phones over and over again is utterly draining on our energy and nervous system. To read more please follow the link https://www.counselling-directory.org.uk/blog/2020/10/28/5-steps-to-stillness?utm_source=newsletter&utm_medium=email&utm_campaign=week_20_46

Do you find your mood takes a dip over the winter months? If so, you may be experiencing seasonal affective disorder.

During the dark winter months, many of us may notice a drop in our mood. With shorter days and gloomy weather, research commissioned by The Weather Channel and YouGov, found that as many as 29% of adults experience symptoms of seasonal affective disorder (SAD), with 8% experiencing it to a severe degree.

We aren't certain why some people get SAD, but it's believed that seasonal changes disrupt our circadian rhythm – the 24-hour clock that regulates how we function during sleeping and waking hours – which is responsible for making us feel energised and alert at certain times, and drowsy at others.

For some people, the symptoms of SAD can be severe and have a significant impact on their day-to-day activities – plus all forms of depression can limit our ability to live life to its fullest, so it's important to treat SAD seriously. So, what can you do to help yourself manage the symptoms of SAD?

To read the full article follow the link https://happiful.com/7-steps-to-tackling-the-symptoms-of-sad/?utm_source=newsletter&utm_medium=email&utm_campaign=week_20_41

Learning to tune-in to our own and others' emotions can unlock a whole new level of wellbeing. Here's how to do it

Emotional intelligence (EI) is the ability to accurately notice your own emotions, and manage them effectively. It's also our ability to notice and respond to the emotions of others. EI is related to the neuroplasticity of our brain, which means we can develop it and, with continuous practise, we can create changes and make connections that enable us to become more in-tune with ourselves and others. So how can we build our EI? Here are five tips to get you started.

1. Stay curious

It's all too easy to be judgemental about our own thoughts and feelings, as well as those of others. Do you tell yourself: 'I shouldn't feel like this'? Try to notice this and, rather than being your own harshest critic, be curious about what you are feeling and why.

To read more please follow this link https://happiful.com/how-to-build-emotional-intelligence/?utm_source=newsletter&utm_medium=email&utm_campaign=week_20_49