

How does talking about my problems help?

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½ problem shared is a problem halved+

Society has a habit of making us feel like we should be able to deal with everything ourselves, that it's a sign of weakness to seek help. Tell me who is the strong person: the person that suffers in silence and lets their thoughts control them, how they live their life and treat others - or the person that takes positive steps to understand those feelings and the reasons behind their actions, to learn from each experience and live a meaningful life, true to themselves and considerate of others?

Reality is subjective . this is your reality. If it matters to you, if it's affecting you - it's important.

How can talking to Nightline help?

Say it out loud

- *Be heard:* Feeling that someone has heard you and cares can sometimes be enough. You are free to talk about anything, for as long as you like, to someone that wants to listen to you, that knows how to effectively listen to you and that cares about what you're going through.
- *Be free:* Just saying your thoughts or worries out loud can help liberate you from them. You can offload, unburden yourself or reveal your secrets without fear of criticism, judgement, come-back or having to see that person again.

Understand

- *Get perspective:* By talking over the issues in your life you can see if there's any value to your thought process. Have you ever found yourself saying "that sounds silly when you say it"? Think of it like a radio - by you talking the other person can tune into your frequency. They can understand your situation and reflect back what you're saying and offer input. This gives you perspective.
- *Be understood:* You'll get one-to-one focused undivided attention with a fellow student who may have an understanding of the issues you're going through, who through training has an insight into mental health and has knowledge of information, support and advice services that may be helpful to you.
- *Identify:* It's your journey of discovery. You have an objective safe space where the person helping you on that journey is not directing you according to their own bias. You get as much time and space as you need to see clearly and identify what you're feeling, what's bothering you, why you act a certain way or do certain things.
- *Feel in control:* If you're experiencing high emotions, you may feel overwhelmed and out of your depth. It's really important at this time to discuss those emotions with someone to make sense of what you're feeling, to make you feel safe and in control again and to stop you acting on an impulse you may later regret.

Decide a way forward

- *Reflect:* You can now reflect on your situation, discover what you need to discover for yourself and identify your options.
- *Take charge:* You can then work out a plan for yourself. You have to get there yourself, inspire yourself and make decisions for yourself, so that you are ready for any actions you take . as it's you that has to manage that change and action. Someone else telling you what to do often won't work if you haven't yet understood why you need to do it.

Ask yourself:

- Is something bothering you? Are you upset, stressed, angry or lonely?
- Do you find yourself apologising for talking about your problems? Do you feel like you're burdening friends and relatives?
- Do you keep repeating patterns that are negatively affecting your life?
- Are you finding it difficult to get out of bed in the morning? Or to sleep at night?
- Do you find yourself isolated, not able to make friends or putting on an act to entertain the group?
- Has your life lost meaning? Does a black cloud follow you around? Are you considering taking your life?
- Are you conscious of the fact that you're not being yourself? Are you unsure of who you are?
- Have things changed or has something unexpected or traumatic happened?
- Do you have a big decision to make?
- Have you had a tough day?

Yes? Talk to Nightline!

Remember we are born with no expectations on us other than survival....every single additional thing we achieve is remarkable - not expected. You are remarkable.