

## **Case Study 2**

### **Helping Yourself to Wellbeing**

I have really enjoyed the Help yourself to wellbeing course and all I can truly say is the two ladies Joanne Smith & Cath Coward were two angels sent from God to me at a particularly difficult time in my life.

Often the people we really care about, and love don't understand that at the end of the day we are a person too, and there is only so much pressure that anyone can take. When I started the course there were many personal problems that were going on in my life and week by week everything, we discussed struck a chord with me. I felt like everything that was being discussed was relevant to me. A particular topic of self-esteem and confidence stuck with me as the most important thing that I learnt as being part of this course. I am a confident person but recently some things had started to take over that confidence and I felt myself slipping away as though I no longer knew myself. I was so busy doing this and that, caring for my mum, juggling work, relationships, family, friends. I forgot myself in that long list of things. I was no longer a priority; this was having a very negative impact upon my life. I was always tired, unsociable, unhappy, and emotional. I needed a break, time out as we could call it.

I remember being part of one session and we discussed being like a "little blue jug" everyone gets so used to using you that it becomes the norm. You no longer get appreciated, I always felt like I couldn't say no and this blue jug was in fact just like me! I remember crying in one of the sessions and wishing that I could run out the room and just burst out into a tear...that's exactly what I did a few hours later. But it was the best cry I ever had; it was a realization of everything I was hiding except now it was no longer hidden now. I started making some important changes straight away and this was so crucial for me as it made me deal with some issues that if they had stayed the way they are...I dread to think of the consequences this could have had.

I may be making this course sound like an emotional rollercoaster and in fact putting people off this is the opposite of what I want...I recommend that everyone should go on this! I could not put into words and express the praise that I have for the course.

All I can simply say is thank you