

## Taking Care of Your Mental Health

### WHAT IS BEST FOR EACH OF US?

How do we decide what is best for ourselves? Everywhere we turn there seems to be someone or something that is telling each of us what is best, what to do and how to do it. Very often we find ourselves blindly being led by all the noise and chatter that is all around us, but sometimes it is IMPORTANT to STOP, LOOK AND LISTEN to our own inner voice.

There is an old lesson, but it bears repeating and remembering. We don't have to let anyone control our lives, our choices, our happiness and sorrows.

No matter how well we thought we learned that lesson, it often comes back again and again. Another person may "push our buttons" and we get involved, entangled, hooked in. We may hear our inner voice singing the same old tune "if only that person would be different then I would be different". It may take awhile but we realize that once again we have given up too much control. We have handed our lives to the wishes, whims, and choices of someone else.

If we are living honestly, we will have reactions to those around us. Our relationships will help shape who we are, teach us things and present many issues of compromise. But we don't have to let another person control our choices, our behaviors, or our lives.

Its important to ask yourself "what about you?" "what do you want?" "what course of action feels right for you, what should be your next step?"

Take the time to realize that it is your responsibility to walk your own path and let others walk theirs. Move forward in a peaceful way, find a gentle power and learn that you are solely responsible for your life. You are responsible for your choices and it doesn't matter what the other person does. YOU ARE STILL RESPONSIBLE FOR YOU!

***ONLY YOU CAN DECIDE WHAT YOU'RE GOING TO DO, LEARN TO USE YOUR IMAGINATION TO CREATE THE LIFE YOU WANT. TAKE TIME AT THE BEGINNING OF YOUR JOURNEY TO DEVELOP A SELFISH VISION, AN IDEA ABOUT WHAT YOU WANT. VISUALIZE HOW YOU WOULD LIKE THINGS TO BE AND GO FOR IT. TRUST YOURSELF AND TRUST YOUR EXPERIENCES!***