

Missing my baby

I was just going through things on the computer and came across some things I wrote for Jonathon the day before he admitted himself to the hospital. I wrote them on a big poster so he could hang it on his bedroom door. His illness always had him thinking he was bad, I wanted so bad for him to see in himself what I saw. I wanted to have him something visual to help him through. I'll never forget him sitting on our green recliner as I read it outloud to him the morning he went to the hospital. Why did his pain have to be so great? Why was it his time to go? If love could have kept him here, I had more than enough.... To me, he is good and he is perfect and I will love him until the day I die and even after that!!!

I am a good person - my parents, my siblings, my friends, my family, my co-workers, strangers I've met at work, my doctors, my therapists all can't be wrong - I am good.

I will not be so hard on myself - I will not expect more from myself than what I expect of others.

I do good things - I interact lovingly with my family. I give Jordan encouragement when he's trying tricks on his bike, I make Arianna feel good by accepting her friends that are boys, I tell and show my mom that I love her, I talk to my Dad and help him when he needs help. Those are just a few examples of the things that I do that are good. There are many others.

I am a good person.

I may have a mental illness, but that does not define who I am.

I have made positive steps in my recovery every day. I vocalize about my situation. I follow my doctors instructions. I allow myself to accept help. I will learn to be proud of myself for the steps I have taken. Things may not be perfect today, they may never be perfect. But I am doing what needs to be done even though it's hard work and I will be proud of that! Life is a rollercoaster, mine may be more extreme than some, but peaks & valleys, good days & bad days are a part of everyone's life. I will not get down on myself if I am having a bad day. I will instead try to focus and believe that good days are only around the corner.

I am a good person.

My road may be long, but I CAN have a happy life. It will take a lot of work, but I can make it happen. When I have bad days or feel hopeless I will concentrate on the knowledge that I am good, I have made progress and I will believe that things will eventually get better.

I do not need to be perfect.

I am a good person.

5 ways I can help promote positive mental health:

Eat healthy

Drink lots of Water

Kick the bad habits - stay away from caffeine & alcohol

De-Stress

Continue to see my doctor & therapist and stay on my meds

Challenge my negative self-talk:

Do I have evidence for & against my thinking?

Are my thoughts factual or just my interpretations?

Am I jumping to negative conclusions?

Are there any other ways I could look at this situation?

If I were being positive, how would I perceive this situation?

Is there anything good about this situation?

Will this matter in five years time?

Is thinking this way helping me to feel good or to achieve my goals?

What can I do that will help me solve the problem?

Is there something I can learn from this to help me do better next time?