

# What do we mean by emotional or mental distress?

- stressful things can happen to any of us at any time in our lives
- it can get to the stage when everything gets too much and seriously interferes with the way you live your life
- sometimes it can build up gradually over a long period of time, or it may be a reaction to something that has happened in your life
- you may try and work things out for yourself but find it all too much on your own; this can be the time when it is helpful to share these thoughts and feelings with someone outside of the situation
- mental and emotional stress affects us differently, as we are all individuals
- sometimes it may feel as though we are living in the fog, in a world without colour, and with no sense of a way forward



- at other times we might feel as though we are going round in circles, or have too many choices to make, so we end up going nowhere and feeling very frustrated
- hopefully counselling can work in such a way that things become clearer, the colour returns to your life, and you know the way forward
- it may also mean you branch out in a totally new direction, with confidence that you didn't have before
- sometimes stress can return and you need to work once more on an issue; this is perfectly acceptable and normal
- sometimes you may find that you learn a new way to be and work with stressful situations; these lessons remain with you for the rest of your life

