

CHANGES BRISTOL NEWSLETTER

9th December 2011



Fundraising! Please Help!!

On Saturday 17th December we will be holding a donations collection in the centre of town. We are currently a little short on volunteers so anyone who could lend an hour or two of their time would be very welcome. We will be there all day near the fountains and hippodrome. If you would like to know more, or to make sure Jason is looking out for you, contact Jason at the Changes office:

Call: 0117 941 1123 or

Email: Jason@changesbristol.org.uk

Thank You!!!

We have had several social events since the previous newsletter including 2 Film nights and a skittle night.

The latest social event was the Christmas Meal on the 7th December. Despite the last minute enforced change of venue it was a fantastic success!! We had around 30 people at the meal and we must thank everyone for making the evening such a wonderful success, it was wonderful to meet so many of our

members

Meetings over the Christmas period that are definitely closed

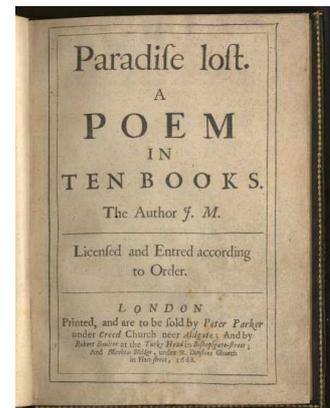
Wellspring Centre Monday Evening—Closed on the 26th December and 2nd January

Hartcliffe Tuesday—Closed on 27th January, **Horfield** Tuesday—closed 27th December

ALL OTHER MEETING ARE STILL ON—Check our website if in any doubt

Disclaimer: Changes Bristol holds no responsibility for external links, events, services or organisations provided in our newsletter. Any information given in no way represents endorsement by Changes Bristol or any of its affiliates. Any content provided is purely for informative reasons and all activities should be taken at your own risk.

This day in 1608 was the birthday of John Milton



“The mind is its own place, and in itself can make a heaven of hell, a hell of heaven..”

-John Milton, Paradise Lost

Social Events

Our regular events:

FILM NIGHT (First Friday of each month)

MEAL NIGHT (First Wednesday of each month)

SKITTLES NIGHT (Third Wednesday of each month)

Will be on hiatus until next year (to make space for all the shopping/wrapping/eating and recovering you all have to do!)

Weekend walks will be started in the new year for those with a more energetic disposition!

And Also!

Have a very Happy Christmas and New Year! Here's hoping you are all well and in the best of health over the next few weeks,

Any more ideas for events or activities, please contact Jason at the office.



Positive Minds monthly Coffee morning continues on Wednesday mornings from 10:30am—12:30pm :

21st December

18th January

@ Symes Community Building, Hartcliffe. A Changes member—Dave—is also encouraging an artistic outlet at these meetings which is a great way to expand your mind!

BALP—BRISTOL ACTIVE LIFE PROJECT—Offers a weekly health walk every Thursday 2pm - run from 35 Old Market Street, Bristol MIND Offices—call Rebecca Martin 07725884587 or Mark Owen 0117 352 1173 or email balp@bristol.gov.uk

Walks at Redcatch Park, Knowle, every Thursday at 10am and 2pm. Arrive at the main gates on Redcatch Road.

WHY THE WORD "SHOULD" IS MY NEMESIS

- Jason

Something I have learnt over many years of mental illness is how the way I treat myself affects my mood and personal wellbeing.

Several years ago I reached a crisis situation with my mental



Health (or should I say "another crisis!") I knew I would find it hard to cope if I slipped into a state of severe illness that has happened to me before. So in an act of desperation I reached out for support to as many agencies as I could.

A part of the help I managed to obtain was being able to see a counsellor. This was an odd experience for me, who had not got on with "talking therapies" in the past, but I was desperate.

Although I struggled with the counselling, it did achieve something that became a revelation to my way of thinking.

I remember vividly how the counsellor was looking at me. A puzzled frown would come across her face. Then she proceeded to ask me *why* I always used the word "should" when I talked about myself or what I was doing. I couldn't answer her. Then she repeated the words I had used over the past few minutes and it became clear that my low self esteem and self hatred was coming out in my language. The very language I spoke to myself all the time.

I *should* do this and I *should* do that; I *ought* to do this or I *ought* to do that. The negative connotations of everything I said about myself were obvious for an outsider to see, but I was blinded to this punishing trait.

That afternoon was a revelation to me in the way I saw myself. The way we use language is so important to the way we perceive the world around us and ourselves within that world. I had been punishing myself in almost everything I had done for years. Being hard on oneself discourages one's self development in so many ways.

It creates pressure on us and provides punishment when our standards are simply too high. It provides the outlet of guilt on our shoulders as we see ourselves failing in the things we tell ourselves we "must" achieve. I learnt, over time, that by replacing the word "should", with the words "I would like to" or "I could do" somehow made life seem so much easier. Rather than piling stress and guilt on my shoulders, it provided a possibility of enjoying what I was doing, and that what I wanted to do or achieve was a positive step rather than a chore. (continued)

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There are many examples of unhealthy and punishing language and ways of thinking, but for me, the realisation of the way I speak to and about myself has allowed me to change not only the way I think but to challenge the image I have of myself. To lift the burden of expectation and to carry on my daily tasks by wanting to do them rather than seeing them as something I must do.

By reaching out and trying many different ways to help my mental wellbeing, one of the most valuable lessons has been the language I use and the way I see myself and the daily tasks ahead.

I now avoid the use of these punishing phrases and I can even laugh when I do use them. It has taken a long time, but I can now recognise when my language becomes negative and punishing and I can challenge my thought process.

This wellness tool, of challenging the way I use language, has been one of the most useful lessons I have learnt.

[MORE RAMBLINGS AT WWW.EXTRANEA.WORDPRESS.COM](http://WWW.EXTRANEA.WORDPRESS.COM)

Words and Pictures

Invictus

- William Earnest Henley

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.



If you have a poem, picture or anything you think Changes' members would find interesting, pass along a copy to your group coordinator .