

CHEERS TO LIFE - TRUE TO MYSELF

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How to Cheer Yourself Up During Stressful Times

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The truth about self-harm | Mental Health Foundation

This is one of the main messages in Cheers to Life: True to Myself, a book that challenges people to "live with purpose," to take a moment to live.

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If you're feeling in a funk, here are 10 ways to cheer yourself up. serving you and knowing that your thoughts are not based on the whole truth can help you find freedom from them. How to Live up to Your Full Potential and Succeed in Life.

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However if you are self-harming it can be difficult to stop, especially when you feel distressed or upset. Archives of Suicide Research.

Why do people self-harm? Talking to someone you trust or a healthcare professional. Furthermore, this may stop them talking to you and you might not get the chance to discuss the topic. This in turn leads us to only focus on our negatives.

Talk to someone. When you are feeling overwhelmed, talk to a friend, family member, or a professional. They are going to love again, and it will be magnificent.