

## Help is out there

Mental health is a major challenge facing both people and society. Stress and Trauma management is best applied proactively before unnecessary suffering although is still seriously worthwhile during and after periods of stress and trauma. Prevention is always better than cure, a cure is always better than just coping and coping is better than not.

Controlling and managing stress and trauma therapy, whether done alone, in a group context or in a one on one therapy session is invaluable. Don't underestimate the value of thinking calmly and talking about stress and trauma. Normally, the most simple and effective way of managing these are to stay calm, positive and talk with friends and family. As you know, this will most often sort the problem out or help you to get through. Remember that stress and sometimes trauma are an undesired but normal part of life. Coping strategies and good relaxation time are key to this If possible. Other help is available but keep it simple and think about your problems calmly and talk

about them with the right person as soon as you feel comfortable to do so.

Thoughts are actually quite simple and can be considered as simple internal discussions. Most discussions are best if calm and with time to think. What is desired, how, what resources, do I need help and if so who, is it important and if so how much and how long do I have to think about it? Choose correctly and you should achieve what you want. Simple and this applies to almost every situation and particularly those that you control so take control. Just find the right thoughts and act accordingly.

When working through stress and mental health problems, there are three really important things; a calm mind, your rock or rocks and remembering that time is your friend. Your rock will be something important such as family, friends or even your own personal goals. The usual suspects, motive and opportunity apply here: your rock is your why, the motive, and time and a clear head are key to achieving what you want, your opportunity.

[Helpisoutthere.com](http://Helpisoutthere.com) for a short book and more info.