# Challenges on the sea of life

*It's natural at times to feel overwhelmed*

In contact with the criminal justice system
Challenging family environment
Balance of caring for self when caring for others
Access issues
Seeking asylum/being a refugee
No sense of being in control
Caring responsibilities/parenting
Redundancy
Health conditions
Low confidence
No energy
Money worries
Too much to do, not enough time to do it
Transitions and change
Mental ill health/distress
Poor working conditions
Lost faith in everything/everyone
Discrimination
Feeling disconnected/lonely
Lack of nearby services and supports
Don't feel you belong
Loss/death of a loved one
Do not feel safe
Low physical fitness
Experiencing trauma
Multiple stressors
Moving home/country
Negative people
No support networks
Don't enjoy learning

# Anchors

*Can help us hold fast when life is challenging*

**Hope**
The spark which inspires us to have the determination and will to keep going towards our goals and dreams despite what life may throw at us

**Stamina**
Having the energy to keep going for an extended period

**Survival**
To live and survive despite difficulties

**Resillience**
The ability to bounce back from difficulties

**Thrive**
To prosper and flourish

**Endurance**
The ability to keep going even when things remain difficult and there is no immediate end point in sight

# Maintaining our anchors

*To help us hold on even when the sea of life is stormy*

Balance time for others with time for self
Be curious, enjoy learning
Recognise what is within your control
Be active, move more
Become active in your community
Find something to believe in
Learn from setbacks
Learn to adapt to change and plan where possible to minimise impact
Let go of what isn't helpful for you
Spend time in nature
Recharge your batteries
Get advice
Use a kinder inner voice
Know your rights
Find a hobby/interest
Learn to set goals
Don't let fear of failing hold you back
Find out what is in your area can help
Review who you spend your time with
Sleep, rest, relax
Nurture hope find ways to look for opportunities
Learn to communicate how you feel
Retrain / look for a new job
Rediscover what matters to you
Eat a balanced diet/drink water
Embrace challenges, learn to overcome/ adapt to adversity asking for help when needed
Connect with people who can help
Learn about self-management work with your health care team
Make time to pause
Find your inspiration which motivates you
Use energy wisely

Visit **www.cope-scotland.org** for tools & resources to help stay afloat when the sea of life is stormy.

**Remember, you do matter**


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