

Surviving January.... February... or winter in your soul.

So it's a new year and it's a new blog for Beyond the Horizon Charity! We hope these blogs will give you signposts to strength and to finding your way through difficult or even dark times. And January can be dark, can't it? The days are short and the Christmas lights are gone from the streets. I had a story book when I was a child about a world that was entirely grey and that's what I find January can feel like.



Maybe you are worrying about the future, about if you will ever have enough money again to do anything fun... about it snowing, or in my case worrying that it's NOT snowing and that the earth is warming up and killing off the seasons and nature as we know it! Maybe you've tried Veganuary or Dry January and your willpower is failing, or maybe the loss of a relationship or loved one feels especially painful and sad at the moment.

It is okay. It's okay to feel what you feel, to find things hard, to feel sad. It isn't easy and maybe you'd rather be anything but sad, but it is allowed. But maybe you feel like you just need a way to keep going, to cope, to face another day or moment. I find hiding under the duvet a good one - having a break from the world helps me get strength up. And here's a few other things to think about...

Look inside. What gives you strength, what do you say to yourself when things get tough? What words of wisdom or love have people you love passed on to you? If you have a faith, what does it say to you? Hold onto the words, listen to them. Let them help you feel rooted.

Focus forward... to small things that give you hope. Not big things! I can't hope for the summer, it's too far away and I have to get through the next couple of months first. But I have a list on my wall of some things that remind me the fun isn't all over. Something I want to bake... and eat. New episodes of a series I am going to watch. A treat I am saving my housekeeping money for, to take my kids on in half term. New flowers outdoors by the road.

Hold on to the moment. Hold a cup of tea and feel its heat. Feel your feet pressing on the ground. Cold air on your face, a sound you can hear, the colour of something... notice what your senses are doing and focus completely on that for just one minute. It's okay to take life one moment at a time and not know more than that.



And remember, this too will pass. This time will change and the seasons will move on and some change will come because nothing, even this, will last forever. Even in the grey world of the storybook from my childhood eventually it began to rain drops of colour.

