

Ups and downs

Posted by Einshomyeush - 29 Sep 2019 21:07

Thank Gd I have been doing better than ever these past few weeks. I was going strong and passing every urge that came my way. However over the past few days I've been getting hit pretty hard and feeling stressed out. I can use some advice on how to navigate since I fear that I might be slipping up.

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Re: Ups and downs

Posted by lionking - 02 Oct 2019 03:38

Welcome for your first post. May you be successful IY"H. Both your name and title of this thread offer advice. By recognizing that life has "Ups and Downs" and not being Meyaish even in a Down mode is a great start already. May you be zoche to continue to go UP and UP and UP.

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Re: Ups and downs

Posted by ColinColin - 02 Oct 2019 21:03

I recommend Mindfulness

www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior

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Re: Ups and downs

Posted by Hashem Help Me - 03 Oct 2019 01:11

Welcome . It should be with hatzlocha. For me exercise was a real game changer. Kosher healthy stress release.

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Re: Ups and downs

Posted by David26fr - 03 Oct 2019 07:49

I have this little sentence in mind when stress is becoming strong : "No any situation is so dreadful, and lust will always make it worse, not better".

And keeping in mind that stress will fade, also.

Mindfulness is very big helper also : when you start to observe how do you react under stress, and you see that always this old scratched disk start automatically to play...

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Re: Ups and downs

Posted by Hashem Help Me - 03 Oct 2019 11:14

Curious, how does mindfulness help with overwhelming stress that seems to have no solution? Example - a bill is due to be paid and the money simply is not there. Of course acting out does not pay the bill either.....

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Re: Ups and downs

Posted by cordnoy - 03 Oct 2019 13:09

[Hashem Help Me wrote on 03 Oct 2019 11:14:](#)

Curious, how does mindfulness help with overwhelming stress that seems to have no solution? Example - a bill is due to be paid and the money simply is not there. Of course acting out does not pay the bill either.....

It teaches you how to deal with the stress.

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