

wee changes can make a **big difference**

tips for Living Meaningfully

Sometimes when life feels routine and options feel limited, it can all feel a bit mundane. This can make us feel bored, restless, unsettled as if the whole world is at a party, we didn't get an invitation to. We have heard of living mindfully, even living kindly, so here are some tips for living meaningfully, as we all need a reason to get out of bed in the morning.

Do something which has a positive impact on someone else

This can be from making banana bread which one of the family will enjoy, phoning an elderly relative or friend you haven't spoken to for a while, even giving a wee gift of an affirmation jar which may help someone smile? This wee piece offers ideas on making a jar www.cope-scotland.org/index.php/latest-blog/changing-the-script



Recognise your strengths and use them

When we feel bored, unsettled, out of sorts, we can be unkind to ourselves, even get angry as we know we should be doing X,Y,Z but just can't be bothered. It's hard to tell yourself, your life has meaning, when you are using an unkind inner voice. Often, we are too quick to condemn ourselves and think we can't do things, as opposed to actually reflect we can do a lot more than we give ourselves credit for. Learning to use a kinder inner voice, helps us to recognise our strengths and use them to make a difference in our lives as well as having a positive impact on others. This piece and video is helpful for using a kinder inner voice www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1

What are the routines that have become our habits

It's amazing how easily we slip into routines which become habits, maybe not even ones which are good for us, but it's been going on so long we don't even think about it, or why we do what we do. This is an interesting link around habits and routines www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits

Think about the difference doing the task will make

If we feel overwhelmed getting the house back in order as maybe it's got a wee bit out of hand. Visualise what it will be like when it's finished, putting on some music gets you feeling energetic and you may find you are more motivated to do it and finish it. Same can hold if you have a garden and things need weeded or cut back. It maybe you want to create a safe space for nature over winter, the little green space has some amazing ideas www.littlegreenspace.org.uk of how we can support nature.



Learn what matters to you and why

Sometimes we think its fancy holidays, or nights out, or a new kitchen, or.....but other times when we stop to think about it we realise it's the moments we spend with people who matter to us, the laugh we shared, the calm of watching the wind in the trees, escaping into a great book, the first time we made scones and they rose! Not being in pain. This wee piece with workbook and affirmation cards maybe of interest www.cope-scotland.org/index.php/latest-blog/taking-the-time-to-think-about-what-matters-to-you

Have confidence that what you do matters

How often do you hear someone describe themselves as I am 'just a' or, maybe have done that yourself? As if somehow there are some people more valuable than others. We are all valuable, every single one of us and we all have something to give. Maybe some people earn more money, that's not because they are more valuable, that's because whatever they do carries more responsibility, or requires more time commitment, or whatever. We all contribute something to this world, and we all have meaning, it's just sometimes we forget it, or don't realise the value a smile has to someone who really needs it. Being confident, is not the same as being arrogant. Having confidence can help us find meaning. This maybe helpful

www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership



Find something you want to belong to and people you want to be with

We recognise loneliness can be an issue, sometimes to fill that need for company we get involved in 1001 things to be around others, and still that feeling remains. Sometimes having one or two meaningful relationships is more satisfying than 1001 contacts where we maybe in a crowd, but we still feel alone. Working on the relationships which have meaning for us, can help bring more meaningfulness into our lives. This wee book and piece maybe of interest

www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1

If you need to talk to someone please do

Sometimes things can happen which rocks our World, we lose someone close to us, our health is affected, we lose our job, we find we are taking early retirement and hadn't planned for it and wonder what next. Sometimes we need to talk to someone about how we are feeling. That maybe a friend or family member, but it maybe someone who is trained to offer support. This wee piece maybe of interest if you find sharing how you feel a challenge

www.cope-scotland.org/index.php/latest-blog/the-art-of-conversation



Live the life has meaning for you

We can be sold an image of how our lives should be and social media in many ways has contributed to this, where it seems all these people are having all these amazing times and here we are again, Friday night and doing nothing exciting! Oh the pressure when someone asks what you did at the weekend and you have nothing amazing to share....so what! Being happy and being content are not necessarily the same thing. Some people may need to climb Everest to find meaning in their life, other people it maybe that hour a week when they go a walk in the hills, or start a new book, or make a banana loaf and share it with the family, is what gives them that feeling of internal satisfaction. Sometimes finding pleasure in the little things, we find, we can have more pleasure and find more meaning every day.

Sometimes we can feel our life has no meaning and we can think of suicide. If you are thinking of suicide please tell someone: The Samaritans Tel 116 123, or text SHOUT to 85258 to text with a trained crisis volunteer.

Speak to your GP, or find out about services near you, perhaps phone Breathing space T: 0800 83 85 87

You matter, people do care be kind to you please