

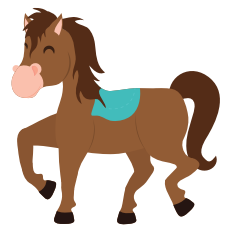
Mental Health is a big problem - the stiff upper lip doesn't help...

The stiff upper lip type thinks there are only two options.

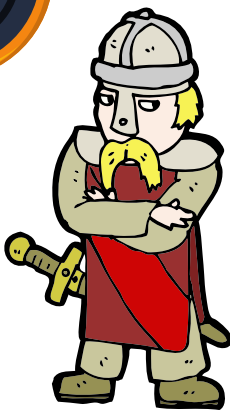


Either you try to put your emotions in a box

or you allow them to be the horses to your chariot – you are led around by them.



Of course, there is a middle way – when you hear and listen to your feelings, and are guided, but not led by them.



By refusing to acknowledge our own emotions, we risk losing our ability to empathise with others. The long-term effects can be detrimental as the statistics have shown. Looking at the popularity of UK Drill music and its nihilistic fixation on violence there is clearly still this idea that young men need to 'keep it together'. 'Men don't cry' type bullshit. Knife crime statistics aside, suicide is much greater among younger men, which might be down to them feeling they have to keep these things to themselves. Having the opportunity to talk to people ... I can't overemphasise how positive that is.

Sometimes like with physical health issues the first treatment doesn't work out too well.



If that's the case you may need to mix it up a bit, to find something that works for you.

Record your reflections and evidence of impact in  within Sponge Elephant