

# Coping with the ups and downs

# QUARRIERS

## It's human nature

In the beginning we were naturally hard wired to think negatively, to think there was always something bad around the next corner. Listening to those bad thoughts kept us alive. However, as times changed and we evolved, our need to be so negative decreased. Unfortunately, those thoughts were so well developed within our psyche that today it often seems easier to just stay in that mindset. It's no longer T-rex coming for us but rather some other issue or even the weather!

## Life's like that

Make no mistake, life is a rollercoaster of ups and downs. You have no sooner enjoyed the glorious view from the 'up' than you are hurtling uncontrollably to the next 'down'. When you have a caring role on top of the normal, everyday stuff that gets thrown in your direction, it can be hard to see the positive.

## Why is negativity so bad?

Negativity is a bit like ivy. If you have ever tried to get rid of that plant from a house wall you'll understand that it invades as much as it can and hangs on for dear life. Negativity is a bit like that. If you allow negative thoughts in, before you know it, they have taken root and you are **ONLY** thinking negatively about life:

- everything becomes a chore
- you can't be bothered to do things, especially for yourself
- you get tired, have no energy
- your body systems slow down
- you get aches and pains
- your temper is on a short fuse

Any of this sound familiar?

Not only does negativity pervade you but it also affects your interaction with others.

Have you ever found yourself not wanting to be in someone's company because they bring you down too? If you are giving off a 'black' vibe or your patience is short, do you find that your cared for's behaviour can be a bit more challenging?

**THE CONSEQUENCES OF NEGATIVITY CAN MAKE LIFE EVEN HARDER!**

## How do I change?

- You need to identify **what** you want to change
- You need to identify **why** you want to change it
- Only then will you have the **desire** to make a change.

**'Nothing worth having is easy in the getting'** so it's fine to stay as you are, but understand the consequences and the impact. If you are fed up always being more down than up and are prepared to put in some effort then:

Try to **use positive words** eg rather than 'don't do it like that' use '**could you try it like this?**' instead.

Instead of focussing on the bad stuff **think about 3 good things** eg it's a beautiful day, I had a nice chat with Jo at the shops, Dad didn't have a fall today.

The minute you hear a little negative voice in your head **distract and replace** it with a good one eg tell yourself a joke or sing a song to yourself.

These really do work if you stick with it but do allow yourself to 'fall off the wagon' occasionally!

After all, you have to take the ups with the downs.

**Quarriers Carer Support Service (Moray)**  
232 High Street, Elgin, IV30 1BA  
Tel: 01343 556031  
Email: [carersmoray@quarriers.org.uk](mailto:carersmoray@quarriers.org.uk)  
[www.quarriers.org.uk/morayvcc](http://www.quarriers.org.uk/morayvcc)

Quarriers is a registered Scottish Charity No. SC001960