



## Wellbeing Insight

### A Wellbeing Insight When I Am Not Well

I guess the day had to arrive when I was due to write a Wellbeing Insight blog, and I am not well! The obvious solution, for one whose personal manifesto contains the sentence: *I replenish myself and navigate all that life presents with love, including self-love*, is perhaps not to write this one, to allow myself a break from this shared weekly task.

My unwellness is of the physical kind – a heavy head cold which has morphed into a spasming cough and a many-days-long lack of energy. Uncharacteristically, I have not even managed to take my daily walk for the last few days. I have gone to ground, deciding that the best approach to what I first considered was ‘just a cold’ and has become more debilitating, is to put life on hold – as much as possible – begging the understanding of all those around me for broken intentions.

Someone such as me, the me you know through my words of our book, *My Manifesto*, has to work hard at allowing myself to rest, to take the time to become well again, and to not beat myself up. Quickly, my physical unwellness becomes mental unwellness, a slump into a *you’re weak, you’re not good enough*, mentality.

Maybe some good can come out of this! What occurs to me first, is evidencing, to you, another of the sentences of my personal manifesto: *I am a human being with all the complexity and flaws of every other human being*, and to practise the second part of that sentence: *I release myself from trying to be more*. The life I have chosen to lead in my personal manifesto, is the one that I want and need for myself; it is not just an exercise, it is a daily commitment to try.

What occurs to me next, is the empathy that I can deepen in myself. There are so many people, of you, who live with far more challenging and debilitating conditions than the one I am experiencing. These conditions may be even life-long and have become a part of who you are. Yet, you cope, and even flourish. You practice self-love and you share your love with others. Bravo!

As I hunker down for what I hope is only a few more days, permit me to offer my admiration and my love to all of you who like me, on a daily basis, attempt to live your best life, to ‘play the cards you have been dealt’ with as good a grace as possible.

Willingness to try is all I ask of you and of me.