

WAS THIS MY TSUNAMI?

Life lately has felt a little bit of a blur. At times I have felt like I am in the middle of the ocean...



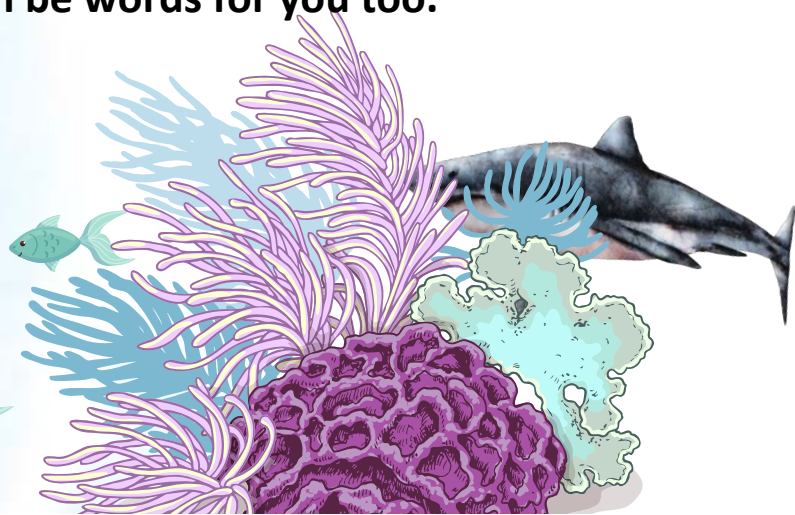
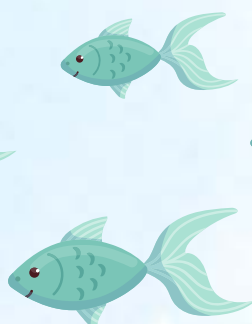
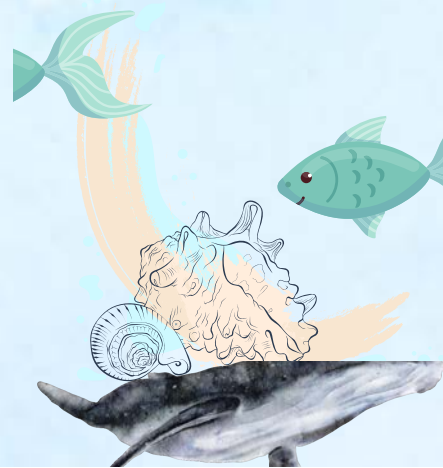
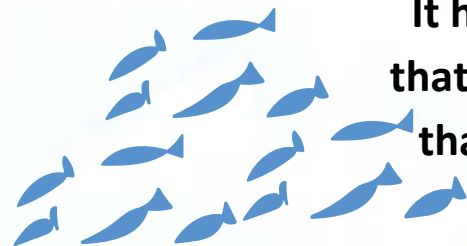
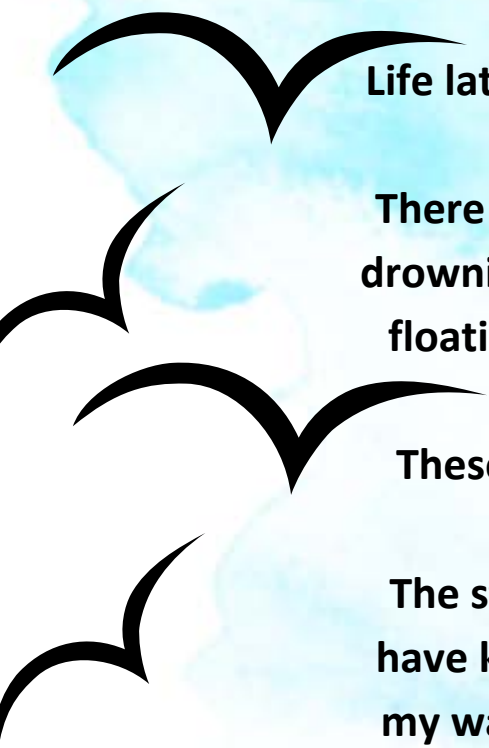
There have been moments where I have felt like I am utterly drowning & fighting for survival. Then moments of serenity & floating, followed by moments where I am riding high on a beautiful & determined wave.

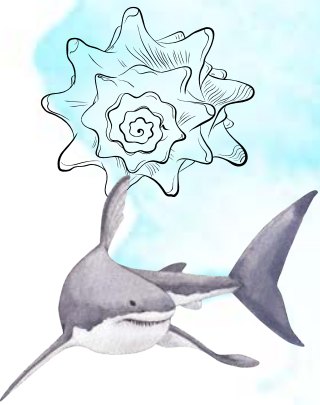
These last few weeks especially I have just been taking my air supply when I can.

The strange thing about it though is, that no matter what, I have known I will survive. No matter what has been thrown my way to knock me to the sea bed, I have been finding my buoy & been given a lifeline.

It hit me, this is what recovery looks like for me. The fact that life can get stormy, but I KNOW with my whole being, that I WILL get through it because I have survived much worse.

Dad said to me the other day, "if we didn't have our ups and downs Gem, what would we learn? How would we grow? How would we do better? Let me tell you my girl, you are doing the most amazing job in life & I couldn't be prouder!" Those words mean the world to me. There has been so many times in my life when I have been pulled back down to the ocean floor & my heart in muddy and murky waters. Yet, I have found the strength to swim back to shore with love, kindness and support, just like in my Dad's words to me – let them be words for you too.





Our mental health must never be underestimated & equally our mindset. It's a constant work in progress & it's the fight many of us face in life, a bit like Dory from Finding Nemo, to just "keep on swimming!"



Mindset means - "the established set of attitudes held by someone." & my goodness has my set been a complete tsunami over the years! Yet here I am, & I am telling you, anyone struggling or just trying to figure it all out, that recovery is possible & your destination will become clear.

I have been thrown a lifeline recently, and amidst much wading & I am grateful.

5 times my life has nearly been taken from me. To swim strongly and walk tall on the shore is a blessing. Keep trusting the process. Keep being grateful for life & what you have now. Because a grateful heart is a magnet for miracles.

**Keep on swimming ♥
by
Gemma Oaten**

