

## Never give up

This article has been created by Care first in conjunction with Never Give Up Day 2023 on the 18<sup>th</sup> August. Never give up is all about cultivating a mindset of determination, which helps us to get through all of the difficult challenges that life throws our way.

### Why might a person feel like giving up?

- **Loss** - Losing someone close to you is one of the hardest things in life. Losing a job can make you feel inadequate and hopeless. And ending a relationship, even when it's mutual, can leave a huge hole in your life.
- **You may not feel like you are enough** - But there are always things to be grateful for and you can always improve, because progress is success.
- **Feelings of hopelessness** - If you get turned down for a date, you feel like you'll never find love. If your business fails, you feel like giving up and going to work a regular 9-to-5 office job. When you feel like quitting, it's essential to recognise that these are limiting beliefs that only hold you back.

### What can we do when we feel this way?

1. **Check in with your body** - When you don't nourish your body, you feel it. Ensure that you are taking care of your body, eating well, keeping active. The way your body feels can impact your mental health.
2. **Practise gratitude** - The act of giving thanks can make you happier. Studies have found that practicing gratitude reduces depression and also lowers negative emotions like envy and resentment. When you feel like giving up, adopting an abundance mindset isn't always easy. We're all human, and as humans, we tend to get stuck in patterns of thinking that can be hard to overcome.
3. **Change your outlook and words** - The words we choose can actually impact our emotions and our perception of reality: When you have thoughts like "I have nothing to live for," and "I'm so tired of everything," these thoughts become your reality, regardless of whether they are true. When you change your words, you change your life. Learn to question the negative thoughts that run through your head.
4. **Find support from others** – Speaking about how you feel with others in your life or contact Care first. A problem shared is a problem halved, and you may discover that other people feel the same way that you do.
5. **Celebrate all of your victories** – No matter how small, make sure you recognise your own success. By celebrating your progress, you will feel determination to move forward towards your goal.

## How can we support others who want to give up?

Giving up can be a common consideration when goals or tasks become overwhelming. If you would like to support those around you, make sure you are approachable and understanding. At Care first, we can provide emotional support to those experiencing stress or who may feel like giving up. We also have our own team of Information Specialists who can assist with practical advice and provide next steps.

## How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first on the Freephone number. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited counsellors are available 24/7 to provide support with emotional issues, our expertly trained Information Specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support.

If you would like to learn more about **'Never give up'** then please join our webinar on **Friday 11<sup>th</sup> August at 12pm** using the details below –

<https://attendee.gotowebinar.com/register/656263738670614366>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you wish to contact the Care first telephone counselling and information line then please don't hesitate to call the Freephone number provided by your organisation and you can speak to a professional in confidence.

