



Connecting back to your self



Anyone who knows me knows how much I love mother earth – you will have seen me flying around in my pink wellies, rain or shine with my comfy floaty trousers on. I wasn't always like this (on the surface), I was the girl who would have a face full of makeup and high heeled shoes making sure I look immaculate before I could even leave my

house, however in my core that just wasn't me. It took me to have what I like to call "a dark night of the soul" to question everything in my life including who I am and came to the realisation that I wasn't being authentic to myself and those in my life. I slowly found myself in a depressed state (which is exactly what I needed – deep rest) and by allowing myself this space, grace and time I started to build myself by watching the earth and how everything operates in cycles (just like we do). The seasons, the days and years etc. and this helped me connect not only to nature but also to myself.

I found that like everything in nature I needed the same things to live here on earth – good food, water, sunlight and the ability to breathe also being rooted to the planet via a connection.

I found so much in nature such as my love for self, my authenticity, my spirituality, a fascination with all life here including the human physical, emotional and mental bodies and how well they adapt (especially over the last year with Covid) which I challenge yourself to look at how well you have actually adapted to the new way we live – yes we all had a hard adjustment period (some more than others) but we did it – like nature we evolved to deal with our surroundings. So my message today is when you feel disconnected from self just look out of your window (I would never tell anyone to "go within" because if it was that simple we'd all be gurus already), look out of your window and make note of what you see – the plants, animals, weather etc. are all still playing their part here as small as some of it may seem.



We too have our roles to play – not everyone is here to save the world, it could be something as simple as providing a listening ear to someone in crisis or offering a word of encouragement or even providing a slice of cake that will lift someone's spirits as it lets them know they are not alone – we're never alone as the earth loves us because unlike so many people, she loves herself and we are part of her so when you feel disconnected from yourself.....***go outside and get yourself some nature and connect back to who you truly are.***



Martine Evans
See Me team, Service User Engagement Worker, BSMHFT