

HOW
STUCK
ARE YOU?

MIND YOUR MELON



HOW STUCK ARE YOU?

You know that feeling.

The ground's getting softer, you feel the truck sinking, you start to bog down a bit. You're getting stuck.

What do you do? Mat the gas and try to get out? Stand in it, spinning rooster tails, to see if you can power your way through?

Let's be real, how many times has that really worked? And how often has it, actually, made the situation worse?

If you find yourself feeling stuck, maybe it's time to take a step back and assess the situation and be realistic about some practical next steps.



START HERE

1 STEP AWAY FROM THE TRUCK

It starts with a little introspection. Try to remove yourself by the immediate situation by reflecting on your thoughts, feelings, and behaviors. Ask yourself questions like, “What am I feeling right now?” “What is causing me stress or anxiety?” and “How could I better deal with these emotions?” Taking the time to dive into your inner thoughts can help you gain a better understanding of your current mental state.

2 HOW BAD IS IT?

After that, it’s time for a bit of situational analysis. Once you have gained some insight into your inner world, it’s time to dig deeper into the external factors that may be affecting your mental health right now. Consider your relationships, work or school environment, and daily routines. Are there any overly negative situations that you can address or change? Identifying these stressors can help you create a plan for better managing them.

3 WHAT AND WHO DO I NEED?

When the truck is stuck, you might need various things depending on the situation. Could you use a winch to get yourself out? Do you need to call a buddy with a snatch strap? When navigating difficult situations or conversations, remember to stay calm and collected. Practice deep breathing or mindfulness techniques to help you remain grounded. Additionally, don’t be afraid to seek support from a trusted friend, family member, or mental health professional. Having open and honest conversations about your situation and feelings can help alleviate stress and determine the support you need.

Remember, it’s okay to feel stuck at times,

but taking proactive steps towards understanding and improving your mental health is crucial. By remembering to take a step away from the truck, assess the situation, and think about what you need, you can better equip yourself to overcome challenges and prioritize your well-being.

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