

All of us have felt low at some point, some of us have even felt mental, but what do you do about that? Seek therapy? You could (or probably should), but why not check out my following self-help article first? What are my qualifications? Music! As you may know, music is often used in therapy (simply called music therapy), so I'm at least half way there. Let's go!

Tip one: Forgot about everything bad that's ever happened to you and focus only on all the good stuff. When I do, I think to myself 'Oh my God, I've literally had the best life of all time! Even lockdown last year was great, as I cycled downhill in the sun! Epic times!' Of course, lockdown wasn't really great. In fact it was rubbish. A reality comedown is inevitable and you may want to binge on pizza to make you feel better. Then again, pizza is everywhere, so who really loses here?

Tip two: I'm sad to say the above is the only tip I was confident about and the following is being made up right now. But let's go, anyway! So... Take exercise! I'm sure that won't be at all controversial, which is a relief. It's easy to be offensive when talking about people who are completely nuts. (Ironic joke!) Working out makes you feel good, and it's good for you too! However if you already have narcissistic personality disorder, going to the gym is unlikely to help you. Though it may be comforting being around other people who are antisocial if you are too.

Apparently drawing can help relieve stress. However, I like to draw lots of skulls. They could definitely be taken the wrong way, so I suggest keeping your art for yourself. What I mean is someone could ask you 'Is that supposed to be my skull?' If you're cocky you could respond by saying 'Could be, could be. All skulls look the same.' Then you get interviewed by the police. Drawing loads of happy faces could suggest drug use, so again, be careful. Depends on the expression, I guess. You'll probably be fine, but not if you draw happy faces next to skulls. THAT implies drug use. You'll never draw in the same way again, will you? I've actually been to many art therapy classes. I was never told what my doodles meant, but for whatever reason, the leader of the class was somewhat creeped out by me. :(

Ok, ok, you may have noticed the last two tips weren't really mine. In fact, the first one probably wasn't, either. I guess I have to try harder. However, I may have to borrow ideas from others and add my own twist. Could go either way... :S

This one is DEFINITELY mine: Balance pens by standing them up straight! Not always easy to pull off (it really depends on the pen), but it gives you a huge sense of control, as do all skills. How you knock them over is your choice. The more patient/friendly may not even want to knock them over. The world needs more people like you. :)

You know what, I think I'm going to get some ideas from the internet, already... But will I mention pizza AGAIN?? :O

Borrowed tip 1: 'Connect with other people'! Of course it would be plagiarism if I copied the whole article here, so to be clear, let's have my take on the idea: I wonder if it's still classed as connecting with someone if you just talk about yourself and how you could do with a pizza. (Yep, I did mention the food. Couldn't help it!) Who knows, the person you're talking to may like listening to you and also want a pizza. That's

not just good mental health, that's a utopian concept.

2: 'Be physically active': Done that one.

3: 'Learn new skills': I've KIND of covered this with the pen balancing idea, but I suppose I could have expanded on it. Why not learn rock guitar? However, I have to say this idea could go either way. If you're prone to smashing objects up in frustration, guitars should probably be kept away from you. Some people think it's cool to smash their instruments on stage. It's not cool, it's aggressive. At least when people batter their instruments in their bedroom, other people don't have to witness it. I wouldn't want someone to burn money in my face, either.

4: 'Give to others': I'm not so keen on this one, but apparently it helps you connect with other people for one thing. Really it's just a variation of the first stolen idea, but it's weirder, harder to understand and even disturbing.

5: 'Pay attention to the present moment'. I actually get annoyed when people say that to me. It's not as if I tell people not to. Well I sort of did just now, but the author of the wacky site I borrowed from started it.

Maybe I should check another site. (After one more idea from me).

Eat some grapes!

NOW let's do some site searching...

(The following ideas are getting 'borrowed' from mhanational.org).

'Start your day with a cup of coffee': This one I STRONGLY disagree with. I'm actually terrified of the drink, as it makes my own mental health a lot worse to put it very mildly. I'm so scared of caffeine I have dreams about it all the time, and just this morning in fact! Some people have nightmares about being chased, I'm terrorised by things that are much worse. >:(

'Keep it cool for a good night's sleep': Yep, I agree with that. I wonder if the author likes to freeze like I do. I guess there are other extreme sleepers out there. :D

'There is no greater agony than bearing an untold story inside of you': Again, I can't say I agree. Is Hell just a place where people get ignored? That's dumb.

'Feeling anxious? Take a trip down memory lands and do some coloring.' (sic - silly Americans). Ha. I bet you thought I was an idiot earlier, when I said think about how great your life has been. You believe it coming from someone else, don't you. -_-

'Dance around while you do your housework.' I guess that could be fun, but some mental health professionals could say those who do are manic.

'Has something been bothering you? Let it all out on paper': Another mention of art therapy. Again, just be careful.

'Feeling stressed? Smile.' Hmm. This one reminds me of The Joker. I wouldn't take the idea too seriously. People who smile when they're angry for example look flippin' crazy.

Ok, it seems my special method is to forget some of your life, steal some ideas and eat some grapes, but to be fair, that is at least slightly different. Do I practice it? Not completely. Maybe a bit every now and then, but it doesn't REALLY make me any happier, so I wouldn't really bother with it. Disappointing, I know. If your mental health problems are severe, you certainly can't rely on grapes alone, so it really is best you talk to a professional. Grapes may be tasty, but they sure don't stop hallucinations or anything like that. Please don't get the wrong idea. Bye!