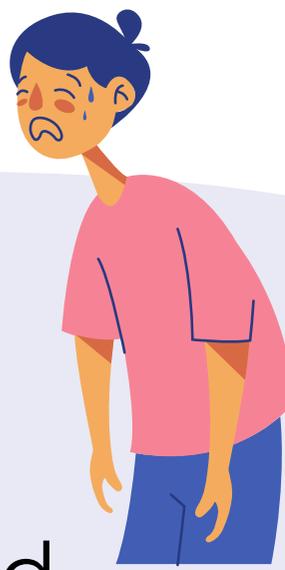




ON THE MOVE
VOICE MATTERS

Feeling blocked

5 TIPS TO FEEL BETTER



Some people may feel constantly tired, lacking in strength, unmotivated and with a tendency to close in on themselves more and more and do fewer and fewer daily activities.

Some people may react by feeling very disappointed, agitated, worried, or even angry.



#1

IT IS NOT YOUR FAULT

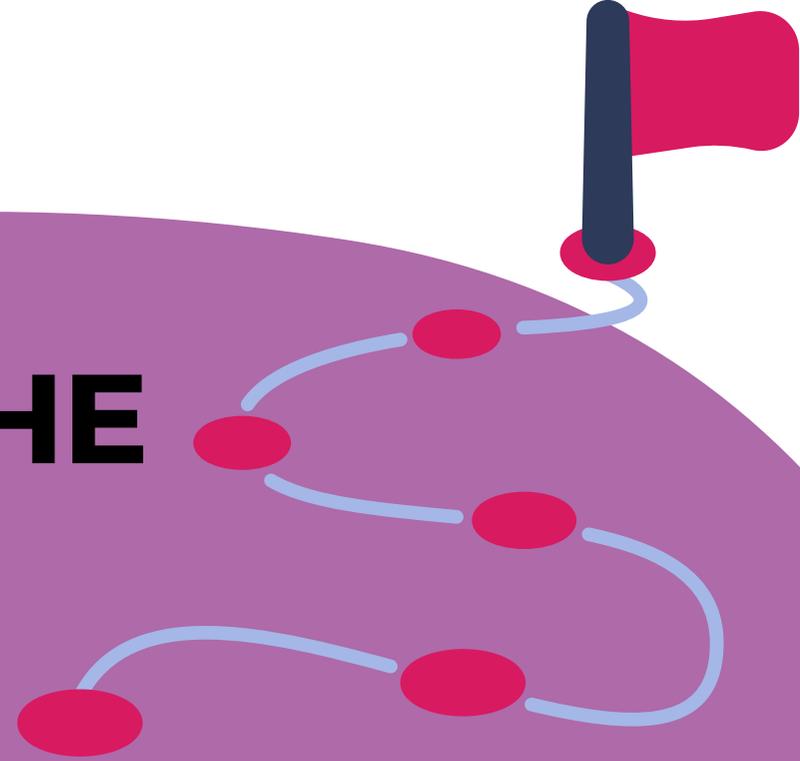
If things are not going exactly as you imagined or as you wanted, even though you have done your best, you cannot blame yourself and it is not your fault. Going through a phase of frustration, tiredness and dissatisfaction is normal.



#2

THINK BACK ON THE JOURNEY

If we cannot change things or achieve them immediately as we would like, it is important to recognise those parts of our project or life over which we do have a choice and direct control. It is very important to think about the whole journey so far, the obstacles overcome and the achievements!



#3

IT IS A PERIOD, IT WILL PASS!

It is only a 'transitional phase' and this is also part of the growth path that will lead us towards the realisation of our projects.



#4



SO IN THE MEANTIME?

It is important to take care of yourself, your thoughts and emotions, and your body. All outdoor sports activities and time shared with friends can be a great help when we feel stuck and lost.

Discovering or cultivating new hobbies can also be a way of using this moment to our advantage!



#5

IF YOU FEEL IT IS TOO MUCH FOR YOU, ASK FOR HELP

Chatting and spending time with family and friends is a fundamental part of life. In the most difficult moments, it serves even more to share our worries, recharge our energy and feel better!



Write to U-Report On The Move on FB Messenger or Telegram!

But if the above is not enough, we can always ask for support from an experienced person such as a psychologist, who can help to find the best solution for us!

