

# INTRODUCTION

Let's talk about the sensation of slowly running out of energy and motivation to accomplish anything. When you find yourself in this situation, it's crucial to step back and treat yourself with kindness. Remember when the COVID-19 pandemic struck? Many felt hopeless and depressed. Our bodies and minds may be severely taxed by these negative emotions, which can aggravate depression. Your body and heart are telling you that it's time to take it slow and give yourself some love. Avoid setting unattainable goals for yourself. Accept yourself for who you are right now. Give your body, mind, and spirit a break.

In this book, you will discover the motivation to fight back, and you will find the encouragement to help you heal.

## BRING YOUR JOY BACK TO YOUR MENTAL HEALTH

**B**efore proceeding, I want to emphasise that this book shares my experiences and healing journey, along with my advice, which I share to assist you. If you require medical advice, it is imperative to consult a qualified healthcare provider.

As I immerse myself in painting, I am transported to a realm of joy and tranquillity. I feel a sense of accomplishment. Additionally, I find listening to an uplifting podcast to be gratifying. Our minds require daily affection and attention.

It is vital to nurture your mind, just as you would care for a flower or plant in a garden. Clear away the distractions of the day and return to that sanctuary of hope, peace, and joy. You deserve it.

There are times when I get a sudden impulse that takes me by surprise. One day, I felt impelled to try watercolour painting, even though I had never done it before. I bought some paints, brushes, and pencils. Happiness can come from doing both easy and difficult things.

“I possess hope, I possess joy,” is something I tell myself over and again to keep myself motivated.

Even though there are days when giving up looks enticing, it’s important to persevere and keep your motivation high. You possess strength.