

# Ask Lildonia



While Beth Mease is on maternity leave, our regular advice columnist is Transitions Adviser, **Lildonia Lawrence**.



**Dear Lildonia**  
I'm feeling really low at the moment and my confidence is suffering. I'm finding that it's really affecting my social life and now I'm not getting out much. What should I do?

I'm sorry to hear you've been struggling with your confidence. The fact that you've recognised how you're feeling and have contacted us for advice is a great start.

When you are feeling down, it's important to surround yourself with positivity. Consider stepping away from people or environments that make you feel sad and lower your confidence. Focus on being more positive on a daily basis. This could include things such as listening to your favourite music; creating a list of your biggest accomplishments; putting on a piece of clothing you love; or doing something nice for someone (the last one works wonders for feel-good vibes!).

It's important to try and stay active and social so as a first step perhaps you could take time to try something new. Hobbies are a great way to elevate mood and give you an opportunity to focus on doing something you enjoy. They are also a fantastic way to make friends and learn a new skill which could boost your

confidence as well. Have a look at what's going on in your local area; you could try your local community centre as a start to see what classes they run.

The most important thing is to continue to talk to others when feeling down and not to retreat into your shell as this can make things worse. Often, having a chat with someone you can trust can provide a welcome outlet for any worries or frustrations. Have a think about your network and some people you can talk to. This could be friends, family members, teachers, your GP or me here at HemiHelp. It's essential to realise that you are not alone and speaking to others often helps you with that.

Don't forget our upcoming Transitions Event in London on Saturday 28 January 2017. The day will be a chance for young people aged 16-25 to take part in a wide range of workshops and meet other young people with hemiplegia and our HemiHelp mentors. Parents and guardians are also welcome. Full details on the HemiHelp website or contact our Transitions Adviser, Lildonia on 0345 120 3713, [lildonia@hemihelp.org.uk](mailto:lildonia@hemihelp.org.uk)

# CIMT

movement for life

Evidence based rehabilitation for the arm and hand that achieves meaningful results

## Suitable for children with:

- ✓ Hemiplegia
- ✓ Cerebral palsy
- ✓ Acquired brain injury
- ✓ Arm weakness following a stroke
- ✓ Neurological conditions

## Benefits of CIMT:

- Increase range of movement of arm and hand
- Increase strength of arm and hand
- Increase hand function
- Increase independence
- Improve quality of life

## CIMT programmes include:

- Effective evidence-based treatment for upper limb weakness / hemiplegia.
- Intensive rehabilitation programme delivered daily over 3-4 weeks.
- One-on-one sessions with specialist CIMT therapists.
- Play-based therapy designed to achieve individual goals.

For more information visit

[www.cimt.co.uk/hemihelp](http://www.cimt.co.uk/hemihelp)

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