



# Lou the Peacock

No matter how much we try to plan our lives, from daily activities to distant future dreams, all can change dramatically when something unexpected happens.

A car accident changed things for me. I was left in a bad way, plenty of broken bones but the worst was the damage done to my head, affecting my precious brain. It took a long time to get started with my recovery, I was in a deep sleep for a couple of months to begin. Once awake, I slowly had to learn how to live again, to sit, stand, walk, even talk. I have come a long way but, I do know I will never truly recover. I am left with physical limitations and emotional ones too. I have ongoing anxieties, I'm a real worrier. Some worries are simple and solvable, others I find far more complicated, leaving me feeling frenzied at times, often unnecessarily. Some months, years on, and I am much calmer now in my thinking. This is thanks to many people over the years who have offered me advice on how to handle my emotions. I

strongly believe that my own strength and inner determination helped me to greatly overcome my intense anxieties. I was introduced to mindfulness, a meditation exercise, training body and mind to switch off from everyday life and thinking and to just sit, be absolutely still and .... BREATHE....

This in itself is a truly inspirational way to find calm and peace within.

It's made my life enriching again.. ....