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HOPE WHEN *Everything Feels Heavy*



A gentle guide for the days
when hope feels difficult to find.



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Gentle support.
Simple tools.
Real hope.

BEST SELF
THERAPY



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🌿 Welcome

If you've found your way to these pages today... I'm really glad you're here.

Perhaps life feels heavier than usual.

Perhaps you're carrying something you haven't found the words for yet.

... Or perhaps you're simply tired.

Not just physically.

Emotionally.

Mentally.

The kind of tired that sleep doesn't always fix.

If that's where you are today, I want you to know something before we begin.

✧ You don't have to pretend you're okay while you read this.

✧ You don't have to feel hopeful.

✧ You don't have to convince yourself that everything will work out.

For the next few minutes...

Just let someone sit beside you.

No judgement. No pressure.

Just one human talking to another.



When Your Mind Becomes a Very Convincing Storyteller

When we're exhausted, overwhelmed or emotionally worn down, our minds often become very convincing storytellers.

They quietly whisper things like...

- *"Nothing is ever going to change."*
- *"I'll always feel like this."*
- *"Everyone else seems to be coping better than me."*
- *"I'm tired of trying."*

When those thoughts are with us for long enough, they can begin to feel like facts. But feelings are not always facts.

Sometimes they are simply messages from a mind that has been carrying too much for too long.

Imagine putting on a pair of dark glasses. Everything suddenly looks a little darker.

The world hasn't changed.

The lens has.

Emotional pain can work in much the same way. It colours everything we see.

That doesn't make your pain any less real.

But it does mean that today's thoughts may not be telling the whole story.



You Don't Have to Solve Tomorrow Today

When life feels overwhelming, our brains often jump straight to impossible questions.

"How am I going to fix my whole life?"

No wonder we feel exhausted.

Perhaps today isn't asking you to solve your whole future.

Perhaps today is simply asking: *"What would help me through the next hour?"*

- ✧ Maybe that's making a cup of tea.
- ✧ Opening a window.
- ✧ Wrapping yourself in a blanket.
- ✧ Eating something nourishing.
- ✧ Walking outside for five minutes.

Sending one message that simply says, *"I'm having a difficult day."*

Tiny steps still count.

Small moments still matter.

Sometimes surviving today is enough.



If It Were Someone You Loved

Imagine someone you care deeply about sitting opposite you.
They quietly say, *"Everything feels too much."*

Would your first response be....

- *"You should be coping better."*
- *"Try harder."*
- *"Other people have it worse."*

Probably not.

- ✧ You'd listen.
- ✧ You'd stay.
- ✧ You'd remind them they didn't have to carry everything alone.
- ✧ You'd offer them kindness before advice.

So let me gently ask you something.

What makes you less deserving of that same kindness?

Sometimes we become the one person we speak to most harshly.
... Perhaps today we can begin changing that conversation.



Hope Can Be Very Quiet

Hope isn't always a feeling.

Sometimes it's a decision.
Sometimes it's simply choosing to stay with today.

Hope isn't pretending everything is okay.

- ✧ Hope is making another cup of tea.
- ✧ Opening the curtains.
- ✧ Answering one message.
- ✧ Taking one slow breath.
- ✧ Allowing someone to sit beside you.

Hope doesn't always arrive with fireworks.
Sometimes it arrives so quietly that we almost miss it.

It sounds like,
"Maybe tomorrow won't feel exactly like today."

And for today...
That is enough.



Before You Go...

If these pages have found you on a difficult day, I'd like to leave you with one thought.
You do not have to carry everything by yourself.

There are people who want to help....

- ✧ A trusted friend.
- ✧ Someone in your family.
- ✧ Your GP.
- ✧ A therapist.
- ✧ A support service.
- ✧ Someone who will simply stay with you while things feel difficult.

If today feels especially heavy, or you're worried about your safety, please tell someone.
You deserve immediate support, and you do not have to face those moments alone.

Asking for help isn't giving up.

... Sometimes it's the first gentle step towards finding your way through.

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Keep This Close

When life feels heavy...
When you're wondering whether you're "coping."
When you're thinking, *"Maybe it's not bad enough."*

Pause. Take one slow breath.

And remember... *You do not have to reach breaking point before your wellbeing matters.*

♡ Thank you for letting me sit with you for a little while.

 With warmth,
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