



I would love to hear from you and will reply to letters which, if we print them, will remain anonymous. Your details will be treated confidentially. Email me at [harleysttherapy@gmail.com](mailto:harleysttherapy@gmail.com) or ring me on 07760 669246. Take a look at my website at [www.harleystpsychotherapy.com](http://www.harleystpsychotherapy.com)

“We are gonna need a bigger boat” – Jaws 1975.

Someone has said: “We are not all in the same boat, we are in the same storm, it’s the boats which are all different.”

Thinking about that analogy, it makes sense. Some of us have luxurious, spacious boats, full of people who love us. Some are in little dingys being tossed around with a danger of falling over the edge with no-one to save us.

Some have boats close by who they can call to and share the experience with, and offer support, and others are in the midst of a wide open ocean, alone and lonely and feeling scared.

Some may be in a big, luxurious but empty boat; and there may be little tiny boats packed full of people all trying not to tip one another over the edge.

Some of us will lose people as the storm snatches our loved ones from the edge, and we are helpless.

Sometimes the sea calms down and sometimes it is a dark, churning, menacing beast with a mind of its own, and you know you have no control or any idea what it will do next.

Some of us will never have been in a boat before and it is a frightening and daunting experience – we wonder if we have the stamina to withstand it. Some may be experienced Yacht Masters and make us confident in our boat and its crew. However, none of us have experienced a storm such as this, and all storms are different in duration, ferocity, and the seas in which they rage.

There may be a lot of food and bounty in your boat and you know that you will survive for a long time. There may be precious little and you wonder if you will survive.

There may even be stuff rolling around in the boat that you have forgotten about. Being in a boat, whether alone or with others, forces you to encounter yourself, and/or others. We are all close to the fight, flight or freeze response I spoke about last month. The stress,



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# Together we can ride out this storm

**Amanda Jayne**, Let’s Talk’s west Norfolk-based psychotherapist and counsellor, says we are all in this together but that together we can survive the storm.

worry and fear make us behave in ways which feel sometimes alien. It’s overwhelming. It’s out of our control. We can only control the boat to a certain extent.

There is no escape currently from your own boat or the storm. Like grief, the only way around the storm, is straight through it.

Our saving grace as humans is that we can endure and adapt, even when we think it impossible. We can endure.

We will encounter each other in unique ways. We will encounter ourselves intimately and discover things about us and the people around us that we never knew. Some of those will be astounding and inspiring; some will force decisions which should have been made a long time ago. We may find the forgotten things rolling around the bottom of our boat, and remember the joy we used to find in them, or we may finally throw that thing away.

Sometimes, the storm will pause and the sea will become a beautiful millpond and we can marvel at

fish and dolphins and feel lucky to witness Mother Nature’s bounty.

I hope that you can enjoy the calm moments, discover hidden gems and inner spirit and resilience that you didn’t know you had, get rid of the things weighing you down and discover the joy in things you had forgotten.

We will endure and the storm will pass as all storms do. Stay safe everyone. We can all ride the storm together, even if our boats are different. **L**

**I am offering a new Walking Therapy, observing social distancing along the Hunstanton beach for anyone who would benefit from being outside with beautiful views and fresh air and exercise while accompanied by a therapist who will be delivering talking therapy while walking. This will be part of a new campaign called The Stay Sane Campaign at The Anxiety Junction which I will be launching via an online Vlog giving advice on how to cope.**