

MIND

MATTERS

*Tom Murfitt,
founder of Oxford
CBT, writes about
protecting your
wellbeing: why it
matters and how to
seek support*

Everyday life brings natural ups and downs, but sometimes challenges we face chip away at our wellbeing in ways we don't always notice at first.

You might find yourself snapping at loved ones, withdrawing from social plans you once looked forward to, feeling stuck in a job that no longer lights you up, or endlessly scrolling and comparing your life to others. Maybe you wake up feeling exhausted despite a full night's sleep? Or small setbacks leave you feeling defeated for days. It's easy to dismiss these feelings as "just a bad week"—but often, they're signs your mental health needs some attention and care.

Noticing early signs is a powerful step towards feeling yourself again. You don't have to wait until things feel overwhelming – small changes can make a big difference. Sometimes it's about getting back to basics: connecting with others, moving your body, learning something new, taking moments to be present. These steps can rebuild a sense of balance and joy. And if you feel you need a little extra support, options to explore include talking therapies such as CBT (Cognitive Behavioural Therapy), EMDR and DBT, depending on what feels right. You're not alone, and change is possible, one step at a time.

One effective and evidence-based approach is Cognitive Behavioural Therapy (CBT). CBT helps individuals recognise patterns of thoughts, feelings, and behaviours, and empowers them to make positive changes. It's a goal-oriented therapy, which means it focuses on helping people identify what truly matters to them, whether that's making a career change, improving relationships, managing anxiety, or simply feeling more fulfilled day-to-day.

Rather than just managing symptoms, CBT encourages lasting changes rooted in personal values. Many people find, with the right support, they regain confidence, rediscover enjoyment in activities they love and feel more able to navigate life's challenges with calm and clarity.

In some cases, underlying factors such as neurodivergence (for example, Autism or ADHD) can contribute to difficulties with focus, organisation, emotional regulation, or relationships. These traits can be masked or misunderstood for many years. Exploring whether neurodivergence might be part of your experience, through a supportive conversation or initial screening, can provide clarity, validation, and open up tailored strategies for thriving.

If you or a family member are finding things tougher than usual, reaching out for professional support can be one of the most empowering decisions you make.

Taking care of your mental health is not just about overcoming difficulties – it's about creating a life that feels meaningful, connected, and fulfilling.



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