

BEYOND BLUE
1300 22 4636



LIFE LINE
13 11 14

NEVER UNDERESTIMATE THE POWER OF FRIENDSHIP HAVE A CHAT

Abalinx 12 February 2020 Peter Adamis

As we age we find that past catches up with us and moments of tranquillity a negative shadow crosses our mind that blanks out positive thoughts.

Our minds begin to wander and selective thoughts of the past cloud our judgement. "Could I have done better", "why have my mates gone and I am still here," "my knees, back, shoulders, arms and legs give me pain and there is a ringing in my ears", "the family has grown up and I am not needed any more", "why am I here", "what's the point anymore", was my youth serving the nation worth it", "has my generation become irrelevant", and "what's the future have in store for me".

Questions that distort our view of the world at a time when we seek solace from the pressures and responsibilities expected of us. Too much, far too much to bear alone, and who cares if I open says the veteran, the law enforcement officer, the paramedic, the doctors, psychiatrist and nursing staff to themselves.

I need a break from all of this. A little time to myself away from everyone who expects me to be strong. I don't need the anguish, the angst and grief associated with my responsibilities. I too need the care and comfort of a peaceful existence.

I am surrounded by trees, balconies and heights and traffic that could expedite my life from the inner turmoil of life and yet the will to live is still strong. But for how long does an individual carry that burden upon their shoulders what demons they may be.

I take a deep breath, sigh and raise myself to my full height and thank the heavenly being or Force that give me life to continue with the simple pleasures of life.

The sun may not always be bright but I feel its presence, the rain falling on my face, the gentle breeze, watching bolts of lightning, hearing the thunder are all reminders that I can still see, feel and hear the forces of nature.

A bird has just flown by and perches on a branch, bobbing to and fro with its tiny head looking in all directions, taking pot shots at some imaginary delicacy and then when it is satisfied it moves on.

I look down and see the ants beneath my feet, one following the other, some appear to be soldier ants, others mere workers carrying about their contribution to the nest. A nest that could be some metres away but by their standards of measurement it could be kilometres. Each ant has its place and as such I try to avoid stepping on them.

The dog growls followed by his back at strangers walking unseen in front of the fence. The dog keeps barking until the strangers have moved on. No wonder the gas meter chap is afraid to come into read the meter, little does he realise that the dog is behind a fence.

I hear the turning wheels of a motor bike and the sudden crunch as it comes to a halt. Yes it's the postman. Is it another bill, a letter from the council, perhaps Department of Veteran Affairs has finally responded, or is it just pure junk mail. Whatever the case may be, I must make an effort to see what the postman has delivered.

We pass the time of day with trivial matters to keep our minds active and to ensure that our life is still relevant. If we are fortunate to be surrounded family and friends who care then we are indeed lucky. But then even family and friends can at times tax our minds and we retreat back into the recesses of our minds to that one place no one can reach us.

There we find the peace we seek, the tranquillity we need in our latter years and as such we who live continue to inspire and encourage others by existence.

In closing, it is obvious that I have written this in support of all those who are struggling with life's challenges. Life is not easy but we can make changes to our life by reaching out and not being afraid to say I need help.

This my little to contribution to those currently seeking an exit or solutions to the burdens and demons they face. I have also written it in response to a mate who asked that we forward the telephone number below.

BEYOND BLUE is **1300 22 4636** or alternatively contact **LIFE LINE** on **13 11 14**

Never fear your mates are still here. Pick up the phone and give yourself a chance. Life is still beautiful despite its many imperfections. Alternatively ring a mate you have not spoken to in a while and have a chat. That is all it takes.

As always, stay strong, be of good cheer, never give up and have a nice day.



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