Letter for a rainy day

For rainy days, you no doubt have an umbrella or a raincoat at home. And when you have fresh strawberries or green beans, knowing they will not always be available fresh, you might freeze a portion for later.
The letter for a rainy day is a letter you write to yourself. It makes sense to do this on a pleasant day, one on which you're feeling (halfway) good, and when you feel capable of doing this exercise well and with a positive mind. The letter is an emotional insurance policy for the darker days in life that unavoidably come – and go.

The letter should definitely contain all the following things (and your own additional ideas are also welcome of course);

- A list of things you can do to make yourself feel good – for example, soak in a hot bath or take a hot shower, go for a walk or lounge around in your favourite armchair, make a cup of milky coffee just for you and decorate it with lots of hot chocolate powder, or listen to your favourite music.
- A list of the people you love, who make you feel supported just by thinking about them. The list doesn't only have to contain the names of real people or people who could actually come by. But you can also make a list of people (or counselling services) that you really can call.
- A list of all the things you think are good or beautiful about yourself – maybe the fingernail on the pinkie of your right hand, or the fact that you can whistle well.
- A list of the convictions, beliefs, values that give you strength: "Everything is in flow", "Everything has its own time and place", "There's always an after" or whatever sentence works for you.
- A list of things, experiences, activities that you want to do or experience in future, like going to the zoo again, eating vanilla ice-cream with chocolate sauce, or going to the theatre.
- A list of all the things that are important to you in a positive sense and that we can't know because you know yourself best.

Once you have written the letter, keep it in a safe place where you can easily find it whenever you need it. Some people make several copies so that they can always find one easily, or put it in a briefcase or purse, stick it to a mirror ...

(The idea came from Yvonne Dolan, a US hypnotherapist who has been working for twenty years with traumatised people using a solutions-oriented approach, and we are very grateful for her kind permission to use it)

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