

DIARIES & PLANNERS – KEEPING APPOINTMENTS

The year 2019 is up and running. New personal planners and diaries have been started, putting down in writing, or in a digital format, events we feel we need, or like, to record. They serve to organise our time for the future and act as a record of our past. Our brains are good at remembering occasions associated with extremes of emotions but are poor with the more mundane things. Such recordings can make for interesting reading in years to come. Diaries of notables get published but, most of us, would not wish for some of the things we commit to print to reach such a wide readership.



Planning and keeping records of what we do can be very important. Missed appointments are missed opportunities, whatever the event or function. It may be a social occasion with friends, catching up on the latest news, or a visit to the doctor. Our willingness to commit to different events often varies. By pre-paying for something, a holiday for example, we are almost certain to go. Sales personnel know that putting down even a small deposit makes it more likely that the buyer will go through with the purchase. Events where we get enjoyment, feel that we have something to gain from it, which involving friendships, or where we know we will be severely penalised if we do not attend, are all ones we are unlikely to miss.

On the other hand, impersonal appointments where we may feel less comfortable or threatened, or where we perceive we may be the recipient of bad news, are ones that we are more likely to back away from. It is an understandable reaction, an almost build-in reflex where we are fearful that we might encounter something that we could have difficulty in coping with. In avoiding the event, we are hoping that it will simply go away – but it may not.

Happy times are wonderful and what we live for. However, trying to step aside from difficult situations can adversely affect our lives. We need to ensure that we do not shy away from such situations - ignoring a request for a screening appointment or not making an appointment to see our doctor when we feel that something isn't quite right. Sweeping something under the carpet will not make it go away!

On such occasions ask a friend to go with you. Interpose it between things you can cope with – a visit to the shops, a cup of coffee, your favourite walk or a drive through the countryside. Strive to lighten the moment – worrying about it gets you nowhere. On the majority of occasions the outcome will be good news.



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