

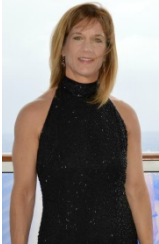
The Art of Letting Go

***"Life is filled with heartbreak. People who experience and process pain are far more interesting. Hold on, feel every feeling and remember what's funny about it.
- Rashida Jones***

We've all been through pain and heartache, but what separates us is how we handle it. I'm the first to admit that I didn't deal with my dad's death very well. In fact, I'm still not totally over it and I miss him every day. This past week, I had two more friends lose parents and it got me thinking once again about grief and letting go. I've always said that when you lose someone, you never get over it; you just learn how to live with it. And you won't really get it, the loss someone you love, until you actually go through it. But things other than death can also cause us pain. How we process it is what makes us who we are. I like this quote because when you're going through pain, you probably don't think about what makes it funny. But laughter, in addition to tears, can be quite healing. So this month, I want to give you some tips on letting go of whatever heartbreak you're feeling for whatever reason.

If you need help, I'm just a phone call or an email away.

Yours in health,



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Letting Go



We've all been there: had a broken heart, lost someone we loved or got hurt by someone we thought was a friend. None of these things are easy but one way or another, we have to deal with them. Here are some thoughts to help you on this journey.

- Letting go is actually much easier than holding on. This is certainly easier said than done. But the reality is that we often make circumstances more important than our state of mind. **CHOOSE** to let go. **CHOOSE** to be happy. Once you consciously make that choice, it becomes easier. But you have to make the choice and then believe in it.
- You **MUST** let go of what's keeping you from peace. Take a good hard look at what's causing you to hold on and as soon as you recognize it, let it go.
- To get beyond what's keeping you from peace, you must **WANT** to let it go. Some people thrive on misery. Don't be one of those people.

- To completely let go, you must look at your entire mind and your entire self, not just the part that's conflicted. It's easy to get caught up in "what's wrong" and forget about "what's right." Focus on the positive rather than the negative.
- Letting go can sometimes seem hopeless and daunting. We all have tons of problems that we'd rather forget and we just seem to move from one to the next. It doesn't have to be that way. Take a look around you at children, who somehow seem to find happiness in whatever their situation is. Many find joy in what would seem to us to be unthinkable horror. It's all about their state of mind and their CHOOSING to be happy in spite of their circumstances.
- Cleanse your body of toxins. You can do this with massage, an actual food cleanse/detox or even some time in a steam room or sauna. Eliminating toxins from your body is another way of letting go.
- Talk a walk. Go on a hike. Sometimes being with Mother Nature can help you find peace and help you let go.
- Make a decision that happiness is an important part of a life well-lived. This was my dad's mantra and I want to honor him with it. You really can CHOOSE to be happy, but it's often a difficult choice. Make it.
- Understand you will make mistakes and that's ok. Just be sure to learn from them and don't make the same ones again and again. Sometimes, there truly is a time and place to worry. Don't worry about things you can't control and take care of the things you can. We had a brutal winter in Washington, with lots of snow. While I couldn't control when my street got plowed, I could control when I shoveled my driveway and when I felt safe to go out.

The bottom line is this: many things are out of our control, but what's always IN our control is our response to those situations. Whether we can control what happens or whether we can't, the choice about how we respond and whether or not we let go, is OURS. It's certainly easier said than done. I'm living proof of that. I've accepted that my dad is gone, but I still miss him every single day and that's causing to hold on. I miss his words of great wisdom and advice. More than anything, I miss his strong and comforting hugs and him telling me how much he loved me. Those tremendous losses have made it hard for me to let go. But for me to move on and live my life to its fullest, I know I must let go completely. Besides, that's what my dad would want. Letting him go doesn't mean I don't love him or miss him anymore, it just means I'm choosing to move forward and cherish the great memories I have of him. What's holding YOU back from letting go and moving on?

Keep in mind that no one can really go from being heartbroken to being completely at peace. It's a process and it takes much longer for some than it does for others. Time really is a great healer. But we have to CHOOSE to go in one direction or another. Do we want to choose peace or do we want to choose heartache? The choice is completely yours. Honestly, it's that simple. I haven't done such a great job at it, but I'm choosing to do it better now.

So this month, I offer you a challenge. If you've ever been hurt in any way, this month and this moment, I want you to take a leap of faith. Let go of your fears, your hurt and your pain. Just LET GO and see what joy comes into your life. I truly believe that once you decide to LET GO, small miracles will start to come your way. They may be so small that you don't notice them at first, but as they keep coming, they'll finally hit you. So please, let go of what's hurting you and instead, look for some humor and look forward to what the future has to offer.

Have a wonderful month.