

5 WAYS TO COME CLEAN

AND RECLAIM YOUR HEALTH, YOUR POWER, & YOUR JOY ONE TRUTH AT A TIME

I. TELL THE TRUTH

Pretending things are working that are clearly taking a toll on your mental, physical, and emotional health, as well as your relationships, your finances, and your overall happiness will lead to your undoing. **Your first step is to tell yourself the truth about what's going on.** Although it may be painful, the truth will ultimately set you free.

II. PRIORITIZE YOUR HEALTH

During a pandemic, even a sneeze can kick off a spiral of scary thoughts that leave you afraid to leave the house. **Pay attention to how your body is taking the hit for your stressful thoughts and emotions.** See if you can quiet your mind and drop down into your body to access the wisdom hidden there. It will tell you what it needs. Listen and act accordingly.

III. PRESENCE IS POWER

When things seem uncertain, it's easy to feel powerless. The truth is most things are out of your control. How you respond to what happens is in your control. Right now, you are okay. In this moment, you can handle whatever comes up. **Presence is power.** See if you can fill yourself up with your own energy and presence instead of being pulled off center.

IV. JOY IS ESSENTIAL

When you only allow yourself to experience joy under certain circumstances or special occasions, you miss out on the myriad of moments that can infuse your life with meaning. **Especially in troubling times, joy is the antidote to loss, uncertainty, and fear.** Practice spotting and spreading joy to others.

V. SAVE YOURSELF

The way you save yourself is the same way you've been attempting to save everyone else, **Give yourself the time, attention, and support you need to not just survive, but thrive.** Because the truth is, the best way to save others is to model how to live fully yourself.