

HOW TO SOOTHE YOUR EMOTIONAL EXHAUSTION

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Honor How You Feel

Let go of any guilt or ideas about how you should be feeling, and just accept how you are feeling.

With so many responsibilities it's easy to feel as if you need to push through or put on a happy face for the comfort and benefit of others, but I encourage you to release that limiting belief if it's one you hold and allow yourself to experience your humanity.

Part of honoring your feelings is being honest with yourself and with others. If you are feeling sad, anxious, or any other emotion, don't try to bypass it by denying its existence. Witness it judgment-free and let others know where you are at as well. Talk or write about your feelings and be loving with yourself while doing so.

Please know, it is okay for you to not be okay. You are human and having these heavy emotions is very much a part of your experience. If you deny this aspect of it, you deny an aspect of who you are which leads to all kinds of other energetic issues.

Get Support

No one was meant to go it alone in this life. We all need support from our communities to thrive emotionally. The pandemic has cut us off from this fundamental need we all have to socialize and spend time within our communities which is why it is so essential to reach out and ask for support right now.

A good first step is to communicate with those who are in your inner circle about where you are at with your emotional health. I know it would be so much easier if those closest to us automatically knew what we needed, but this just isn't reality. In many ways, it is up to you to advocate for yourself.

Don't be shy or ashamed to ask for support whether it's reaching out to a family member or friend, joining an online support group, or hiring a coach or therapist.

Self-Care & Rest

I know, I know, self-care is being pushed down our throats from every direction and is nothing new, but this doesn't take away from the potency of its medicine for soothing the soul, and so as cliché as this advice is, I must give it.

The key to effective self-care is first defining what that looks like for you. For me, self-care is long baths, thirty-second hugs, reiki, days spent vegging out in front of the T.V., journaling, prayer, creating boundaries, and long naps just to name a few.

If you feel more tired than normal, don't force yourself to push through, rest. There is a reason why your body is asking this of you. Release any guilt you hold around carving out time for rest and extra self-care when needed.

Self-care doesn't have to be ultra spiritual or indulgent, it just needs to be comforting. I saw something the other day that said eating healthy is self-care and so is eating chocolate cake, and this resonated with me because it defined in one sentence the true essence of what self-care truly looks like.

Connect with Nature

Mother Gaia is one of our greatest healers. Even in the cold of winter, it is possible to tap into the grounding energy of the earth to help soothe you during difficult times.

You can work with crystals, bring a salt lamp into your space, look out your window and admire the nature scene, listen to rain sounds, or bundle up if needed and get out and enjoy being emersed in the season at hand. There is so much beauty to be found in all four seasons.

Bypassing Isn't Always a Bad Thing

I am sure many of you are gasping in shock for me to insinuate that bypassing isn't always a negative thing, but guess what? It's true. Distracting yourself from your pain by zoning out to mindless T.V. that makes you laugh or getting lost in a good book can be a very healthy way to find temporary relief.

We have to contend with so much in the world, It's okay to say you have had enough and create a space that doesn't include the constant barrage of negative information we are being presented with.

While it is important to honor your feelings, it is equally as important to know it is safe for you to shift these emotions by bringing your focus to happier, more pleasant thoughts. You are under no obligation to sit in constant suffering all in the name of spiritual and personal development and growth. You can acknowledge your emotions while still seeking joyful experiences.

You may not go from a zero feeling your worst, to a ten feeling your best in one big step, but you can keep reaching for the best feeling thought in each moment and allow that to be the focus of your energy.

You get to decide in each moment what you want to focus on, don't let the mainstream judgmental narrative of today's collective convenience you that it's not okay for you to choose joy over suffering. It's a lie of humanity and goes against the laws of The Universe. You are the creator of your reality, don't forget that in all the chatter.