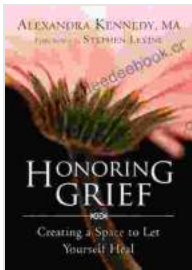


Creating Space to Let Yourself Heal

When we are hurting, it is natural to want to curl up in a ball and hide from the world. However, this is not the best way to heal. In order to heal, we need to create space for ourselves. This means creating physical space, emotional space, and mental space.



Honoring Grief: Creating a Space to Let Yourself Heal

by Alexandra Kennedy

★★★★☆ 4.6 out of 5

Language : English

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Enhanced typesetting : Enabled

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Screen Reader : Supported



Physical Space

Physical space is the space around us. It can be our home, our workspace, or our community. When we create physical space for ourselves, we are giving ourselves room to breathe and to be. We can create physical space by decluttering our homes, taking breaks from work, or spending time in nature.

Creating physical space can be challenging, especially if we are feeling overwhelmed or stressed. However, it is important to remember that we

need space to heal. If we can't create physical space for ourselves, we can try to find ways to create emotional space or mental space.

Emotional Space

Emotional space is the space within us. It is the space where we feel our emotions and connect with our inner selves. We can create emotional space by spending time alone, journaling, meditating, or talking to a therapist.

Creating emotional space can be challenging, especially if we are feeling numb or disconnected from our emotions. However, it is important to remember that we need to feel our emotions in order to heal. If we can't create emotional space for ourselves, we can try to find ways to create physical space or mental space.

Mental Space

Mental space is the space in our minds. It is the space where we think, learn, and create. We can create mental space by taking breaks from work, spending time in nature, or practicing mindfulness.

Creating mental space can be challenging, especially if we are feeling overwhelmed or stressed. However, it is important to remember that we need to clear our minds in order to heal. If we can't create mental space for ourselves, we can try to find ways to create physical space or emotional space.

Challenges

There are many challenges that can arise when trying to create space for ourselves. Some of these challenges include:

- Feeling guilty about taking time for ourselves
- Feeling overwhelmed by the thought of creating space
- Not knowing how to create space
- Feeling like we don't deserve to have space

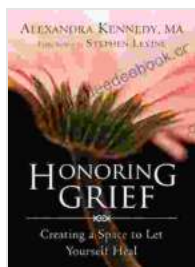
It is important to remember that we all deserve to have space to heal. If we are facing any of these challenges, we can try to talk to a friend, family member, therapist, or other trusted person. We can also try to find resources that can help us to create space for ourselves.

Tips

Here are some tips for creating space to let yourself heal:

- Start small. Don't try to create a lot of space all at once. Start by taking small steps, such as taking a few minutes each day to be alone or to do something you enjoy.
- Be patient. It takes time to create space. Don't get discouraged if you don't see results immediately. Just keep at it and you will eventually reach your goals.
- Be flexible. There is no one right way to create space. Find what works for you and stick with it.
- Don't be afraid to ask for help. If you are struggling to create space for yourself, don't be afraid to ask for help from a friend, family member, therapist, or other trusted person.

Creating space to let yourself heal is essential for your physical, emotional, and mental health. By creating space for yourself, you are giving yourself the opportunity to rest, recharge, and heal. If you are struggling to create space, don't give up. Just keep at it and you will eventually reach your goals.



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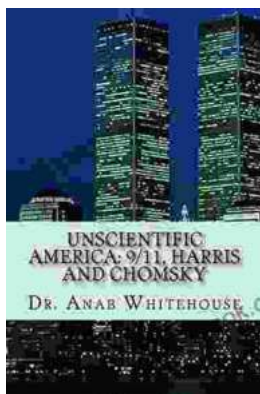
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