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The last update of October 9, 2020 life seems like it is getting more and more tense. Natural disasters, pandemics and political events can really lead us down without saying anything of all those day-to-day stressors like long to-do lists and cloudy weather. We might feel as if we are supposed to feel happy or as if sad or anxious means that something is wrong with us. The reality is that everyone on earth knows what it's like to be in a funk. From actors and comedians to best-selling authors, executives and meditating monks, we all know what it's like to feel sad, stressed, overwhelmed, and emotionally stuck and have no idea how to get out of funk. Right now, more than ever in history, we need to be close to each other. If you are in a funk, it may be helpful to remember that there are many people, even people you have not met, who care deeply about your well-being and don't want anything more than to know that you are ok. 3. Emotional Life Areas by Pema Chodron, a meditation guru and best-selling author, teaches that we experience three emotional zones throughout our lives. The comfort zone #1. The First is a comfort zone. It's an area we all want to be in, but it's not necessarily something that's in our interest. In this area we experience a sense of security and pleasure, but little emotional growth occurs. It's like being on vacation, not in real life. The zone #2 Growth li zone is one of the emotional challenges. Since most of us are not trained in how to hold a place for complex emotions, we often want to resist or avoid this zone and return to our comfort zone. The more we resist our uncomfortable emotions, the more likely we are to feel stuck in them than the excitement that can come from learning and growth. The area #3 Injury Third Area is one of the injuries. We enter the trauma zone when our well-being is somehow compromised. Perhaps there is a traumatic event affecting us, or our stress levels have reached a level that feels overwhelming. Our mind may seem as if it is on a fly-in wheel, and our thoughts can make things worse. We can also enter the trauma zone when we are called, perhaps without even realizing it, and re-experience the emotions of a traumatic event that happened a long time ago. Whenever we are in this zone, it is extremely important to reach out and get support. No matter what zone you're in right now, here are a few ideas on how to get out of funk and support yourself. 17 Ways to Get Emotionally Unstuck1. Reach out If your emotions are too great to handle on your own or you think you may be in the injury zone, it is very important to seek help. Especially in these difficult times, we must check with each other, be to chat, and be prepared to reach out. Seeking help can take many forms. We may call a trusted friend or family member, doctor, therapist, trainer or helpline, such as or a mental health hotline. The request for help is a sign of inner strength. As humans, we were made to collaborate, brainstorm, and invent in society. When we talk to others about our problems, we usually see solutions and answers and get information that we could never discover on our own. 2. Talk to yourself (lovely) Another helpful tip to pay attention to this little voice in our heads, making sense of what we experience. What stories do you tell yourself about what's going on in your life? Do you put a positive or negative spin on what you are experiencing? Is there another way to look at things? It can be very helpful to have someone who is willing to stay with us through difficult emotions without trying to change or fix us in any way. Regardless of whether we have someone like that in our lives, it is important to learn how to be such a person for yourself. Sometimes we feel like we are in a funk because we believe negative stories about something that may or may not be true. Can there be a reason to hope right now, instead of feeling discouraged? Can something good come out of what's going on, even if it's your own personal growth? What is a silver lining? We can learn a lot by paying attention to our conversations about ourselves. What would be the perfect coach, parent, or friend who loved you unconditionally and believed that you were inherently good, innately wise, and perfectly normal no matter what to tell you right now? How about something like: You have this. You can go through this. You're so wonderful and cheerful. Just focus on the present and be here right now. The more we can connect with this loving voice who truly believes that we are quite amorous just the way we are, the more confidence we will have when faced with tough times. 3. Change your speed Our bodies and minds are so connected. Sometimes when we feel anxious, we move quickly, but don't really achieve much. If this happens to you, try to move slower. Sit down. Other. Go outside and lie on the ground. Take some good, long, slow breaths. Don't forget to connect with your loving inner voice and say: You are doing great. Everything you feel is perfectly normal. You're going to go through this. Similarly, when we are depressed or in a funk, it can help move faster. Take a quick walk, even if it's just around your house. Play an upbeat song you love and dance, even if it feels silly at first glance. Make a few nest jumps. Twirl in a circle. If you feel angry, find creative ways to get any negative energy out of your body in a way that is safe for you and others. Find a stick and beat the empty Or a bunch of pillows. Go for a sprint in an open field. Punch the bag. Jump up and down. Scream. Let's talk about it. Do your best to get grounded and start feeling safe again. 4. Go Outside Research has shown that nature directly improves our emotions. Head outside and pay attention to the small details around Finding something good now to fully enjoy and appreciate can help so much. Sit in the sun and feel it on your face. Treat yourself to a blast of vitamin D. Breathe deep in the fresh air. Notice what you experience with all five senses. What do you see? Hear? Feel? Smell? Taste? How about your intuition? There are so many gifts outdoors waiting to be discovered. What did you notice at that moment? Can you find something beautiful or that you appreciate while you are outdoors? 5. Eat healthy foods Sometimes we fill with empty calories, sugar or caffeine, which causes an emotional and energetic collapse later, especially when you feel difficult emotions or feeling exhausted. Try eating small, healthy snacks high in protein like nuts, meat, nut butter, or something filled with antioxidants like organic fruits and vegetables often. If you crave sugar, reach for fruit. We often forget how tasty, sweet and hearty fruits can be. As you put good food in your body, try to draw your full attention to how it tastes and what it feels like to fully receive the gift of healthy food. 6. Drink water when we feel too anxious or depressed, we might find that we forget to take care of ourselves and give ourselves the basic things we need like sleep, food and water. Being permanently dehydrated can lead to other health problems, prevents us from feeling better, and make us feel emotionally and physically stuck in a funk. Challenge yourself to drink a certain amount of water every day. You can start slowly by increasing eight ounces a day until you get to 64 to 80 ounces. Try to really enjoy the water as you drink and imagine it moisturizing, brushing, and refreshing all your cells and your calmness. 7. Scanning your body Sometimes, our moods drop due to physical rather than emotional reasons. Set a timer for three minutes and scan your body, bringing your awareness of what you are experiencing with kindness and compassion. Instead of trying to change anything, just gently send yourself love and acceptance as you slow down your breathing and draw your attention to your body. Notice what you feel with gentleness and awareness, knowing that everything is fine. You can stretch, rub your neck, arms or legs or hug yourself. Or just rest. Helping Someone Else One gift that comes as a result of a feeling of difficult emotions is that we know what it feels like to need support, and so we have more opportunities to be present with others and offer real empathy and compassion. How can you be serving others? You can listen to a friend's exchange or struggle with a place of deep understanding or maybe make a simple task that will really have You can also give up food for those who live alone, buy flowers or run an errand for another person, volunteer for a local charity, or offer to help a friend with carpool and childcare. Also, perhaps you might be friendly with the people you meet. It's amazing how a friendly smile, eye contact and a kind heart can change our whole look and understand how important we really are, even if it's from a stranger. You can be that person for someone else. 9. Say Thank You to Someone, when we are depressed or in a funk, we are very focused on ourselves. When we feel grateful for what the other person has done for us, our brain goes from a negative groove to a more positive one. We get out of our own experience a bit and see the bigger picture. This can lead to a flow of endorphins and positive chemicals in our body that help us feel better. Saying thank you can take the form of a thank you letter, a quick email, a text or a voice message, or just a smile and a word of gratitude to a complete stranger for something like bagging our groceries. (Sometimes, the thank you letter we most have to write for ourselves!) 10. Make Gratitude List Another form of gratitude can take makes a daily list of things for which we are grateful. Share what you're grateful for with a friend or you can post photos on social media with the hashtag #grateful. If you find it difficult to do so, think about the love of a pet or your favorite flower or the feeling of sunset or earth under your feet. Better yet, spend some time with this pet or appreciate that flower or sunset in real time if possible. Or, take a moment and remember what it might feel like. You can make a list of good things in your life and remind yourself of them over and over again. Put them on post-it notes or decorate a refrigerator, computer monitor, or bathroom mirror with thanks. 11. Let yourself feel sometimes, the best thing we can do is really give in to emotions. If you're sad, let yourself cry. Tears can be very cleansing. Sometimes we feel stuck because we are afraid to feel specific emotions. However, really feeling and moving through the feeling will lead us to the other side. If you feel anxious or fearful, pay attention to where this feeling is in your body. Breathe in your senses without trying to change it or drive it away. (If he doesn't feel safe to do it, or you feel too scared, trust your instincts. Just contact the helpline or contact a professional like a doctor, therapist, spiritual teacher, or coach to help you feel your emotions safe.) The more we are able to accept our emotions and really feel them, the more we also learn to accept ourselves, just like we do. 12. Write about it in a magazine or notepad about what you feel, think and what is real for you at the moment. Imagine describing how you feel now to a fully loving parent or friend who wants the best for you and won't judge you in any way. You can also audio recording yourself talking about how you feel and think. Then listen to him with real compassion. Imagine that you are a loving friend who loves everything about you, you, tough stuff. Relief comes when we can be a loving witness. What do you notice? Do you have any new ideas or words of wisdom? You can delete the audio file when you're done. Like you, imagine letting your stories about your experiences go so the only thing left is the present moment. 13. Get into Flow Try to get yourself into that magical state of flow where you lose track of time and space and just do what you do, just for fun. Take the time to play. You might want to sketch, color or paint. Take a picture. Play the instrument. Write a haiku. Create a collage. Paint. Pull out pencils or magic markers. Set the timer for three minutes and scribble. The final product doesn't matter. Just let yourself feel the joy of being in the flow. 14. Listen to Upbeat Music has a way to guide our moods. Choose music that you really like and listen to it or play in the background as you work. Try humming. If you can, try blasting music and make your home your personal dance floor. If you're driving, play the radio and sing at the top of your lungs. 15. Run something small Sometimes, our stuck feeling is a message from our intuition, telling us that we need to do something different or ignore an important task. What is the one thing that you really need at the moment? Maybe it's drinking water or going for a short walk. Maybe he's doing one little thing you're lightening up. Ask yourself what you really, really need at this point, how a friend will be. Take a moment right now to do what's in your best interest. Once it is completed, ask yourself again. It's amazing how we can strive for ourselves one step at a time. 16. Pure Something There is something very energizing, invigorating, and symbolically powerful about cleaning, cleaning, and letting go. Clean your fridge or junk box. Throw away 20 things. Wash the window or mirror. Keep it small and can help. When you're done, hooray! 17. Smile and breathe deeply to tell yourself that you are attractive, wonderful and perfect as you are. After all, the greatest care for any emotion is that feels too big to cope with love. Send love to yourself and tell yourself that no matter what, whatever you feel perfectly normal, and so are you like you. The final thought the most important thing to remember about being in funk is that you are not alone. We all experience complex emotions. Taking them and letting go of our expectations about how we should feel is the key to emotions shifting instead of getting stuck. The next most important thing is to reach out. Get support. Imagine connecting with other people around the world right now that would want you to be safe and well if they knew you were struggling. Remember all who at this very moment too Funk. We always have more support than we know. Finally, it is important to remember that each of us is much wiser, more resilient and more capable than I see it. You are fully capable of growing, expanding, and connecting with the inner world, compassion, and kindness that is who you really are. You've got it! The more support I send you is a lot of light and love. Here are some more articles and resources about navigating difficult emotions and finding peace even in the face of difficult times. Tips for overcoming difficult times of emergency resourcesNaturated photo credit: Kinga Cichewicz via unsplash.com unsplash.com wordly wise 3000 book 7 lesson 13e answer key, wordly wise 3000 book 7 lesson 13 answer key pdf

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