

# Impact of Emotions On Your Health, Drive, and More

Some people need proof that self-care is critical... Let's start by talking about how emotions affect everything.

Come again?! Your emotions control and influence everything from your health and your sense of wellbeing, to your motivation, focus, success, and even physical strength.

If this sounds like a whole lot of nonsense, then consider what emotions really are: they are neurotransmitters and hormones. What many people don't realize about neurotransmitters and hormones is that they have a huge range of different roles in the body that go far beyond simply affecting our mood. That is to say that when you change your mood, you also change many other things.

For example, did you know that norepinephrine (a neurotransmitter with much in common with the hormone adrenaline) can increase your physical strength? Hence, when you are "amped up" in the gym, you can lift more!

Likewise, if you have high cortisol (the stress hormone), then you will be more likely to store fat, you will have more anxious thoughts, you will struggle to sleep, and you will even degrade your muscle? Worse, cortisol can actually direct blood away from your immune system and digestive system, which is why chronic stress can lead to so many health issues over time. This same process is useful of course if you are in a life or death situation!

Hormones and neurotransmitters regulate our appetite, they control our sleep-wake cycle, and they impact on our ability to store memories. They can even increase or decrease our perception of pain! Did you know for instance, that serotonin is a natural painkiller? Whereas cortisol makes it much

higher?

There are no good and bad hormones or neurotransmitters. That is not the point here!

The point is that if you can take control of your emotions, then you can take control of your entire body and system. As a result, you can be calmer, happier, stronger, healthier, and more resilient against illness. And that is all pretty amazing really when you think about it.

And THIS is why self-care really matters. Because if you don't look after your well-being, it's more than just your mood that is going to suffer. Learn to control your mood and you can perform your best, you can combat feelings of pain and lethargy, and you can feel amazing doing it!

*So let's consider ways to turn around a bad mood...*

Being in a bad mood is often taken lightly and can be seen as something of a joke. You may have teased a friend or relative for 'getting out the wrong side of bed' or 'being a bit moody' and generally we don't consider this to be a big deal. Sometimes though, being in a bad mood can be a serious problem if it happens often or is consistent. Not only can being in a poor mood prevent you from enjoying yourself, it can also lead to severe depression (or be a symptom of depression or stress), cause you to make bad decisions, and even cause you to drive your friends and loved ones away.

When a bad mood is severe, or when it emerges a little too often, it becomes a serious problem and you need to do something about it.

Here are some ideas of how to improve a bad mood:

### **Let it Go**

There are a lot of articles and books out there advising catharsis when you're in a bad mood. 'Vent your anger' they

recommend, 'by punching a punch bag or screaming into a pillow.' Unfortunately, there is one small problem with this advice – it's unfounded. Studies have shown repeatedly that punching a punch bag or 'venting' anger in any other way will achieve nothing and in fact only make you angrier and for longer. The better way to deal with anger is to make a conscious decision to 'let it go' – because after all you're not going to help anyone (especially yourself) by continually focusing on the same issue. Likewise if you're very upset, make the conscious decision not to wallow.

### **Be Incongruent**

In other words do something that is incompatible with being in a bad mood. Watch a funny film, sing a happy song, or otherwise act in a way that doesn't sit well with being angry or depressed. This can actually become a self-fulfilling prophecy: you act happy and suddenly you start to become happier. Even just smiling can help to improve your mood due to a process known as 'facial feedback.' It sounds awkward at first, but try it then next time you are down and see if it works!

### **Go Incremental**

You need to actually convince yourself to listen to that happy music if it's going to have any effect. This can be tricky seeing as your bad mood will be clouding your judgement and will be affecting what you want to do. The solution is to be incremental – to listen to gradually more upbeat music, or to watch gradually more upbeat programs (try googling 'funny videos'). Doing this you will be able to 'ease' yourself into a better mood and it won't seem quite so off-putting.

In whatever way you can, try to leave the bad mood in the past, and focus on the good that already exists in your life. It can be a challenge, but it is so important to your health to keep your own spirits lifted (and not rely on others to lift them for you).

Please share your recommended bad-mood buster method in the comments below.

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## **Don't Be the Victim, Be the Master!**

Victim mode. We've all be there. You've been hurt by someone else. And I'm talking emotionally, no violence here. Your significant other lied for months, you overhear someone say something negative about you, you get yelled at by someone in your inner circle. It hurts. Can you remember feels like that?

It usually comes quite unexpectedly, this feeling of hurt, of being the victim, of being in complete defense mode, when something bad happens. Sometimes we respond to the situation as if something tragic happened only to us. The reality is we play a role in every relationship we are in. Unless we're dealing with a stranger (and more on this topic in another post), it is important to take responsibility for our part in the situation.

It might be hard to hear, but in most cases you are part of the reason the other lied, or said something nasty, or yelled. I'm not blaming you. I'm saying it purely to provide a topic for self-reflection. Of course the lying isn't ok, but in general, how is the trust in your relationship? If your friend called you a bitch, how had you been treating her? If your other friend yelled at you, had you really been listening?

Maybe these aren't great examples, but an analogy helps me explain the idea. Action is continuous. As we've learned: every action creates an equal and opposite reaction. What action did you take before the last straw? And the action

before that? And before that?

It really takes some deep perspective to see how far back the chain goes. And while the “first” action of deceit, bad talking, or yelling may not have come from you, your reaction to those actions played a role in where you are today.

We put up with so much from others because we crave their love, or attention, or help, or cooking. Whatever it is. When we get to the point that we tolerate more than we receive, it builds up walls. In a good relationship, we are open and freely express our reaction, however difficult it may be. If you cannot freely express yourself, you have to ask: Is this a relationship I want to develop and continue, or do I prefer to develop more positive relationships?

If you can relate so far, take a moment and pick a situation from your past (or present) that applies. Let’s assume you want to keep and develop this relationship. Imagine asking the other person why they did/said what they did/said. Do you have a pretty good idea what their answer would be? How do you think you could adjust your prior action(s) to have avoided that particular reaction from them?

Is it possible you feel a little resentful or defensive that you are the only one who has to change their reaction to a situation which was obviously negatively affecting you? It’s hard, isn’t it, to just let something personally negative just be. How liberating it would be if you could not take *anything* personally; but it is especially hard not to when it is someone you love saying the negative thing.

But here’s is the key. Number one key. Don’t get defensive. Do what you can to let it roll off your back, and react as positively as you can. It might mean asking a very hard question: why do you feel that way/why did you do that? Keep an open communication. It is the only way to keep a relationship thriving. And of course to refrain as best we can

from judgement.

This positive action-taking actually makes you the master of your fate. If you look at it long term, you have the ability to avoid future lying, nasty talk, and yelling. One tip is to surround yourself with loving, kind people. Another tip is to direct your relationships in a positive direction so that the argument never happens. Shine your beautiful light into all of your relationships, and take responsibility in all your relationships.

You aren't the victim. You are the master. Keep that in your heart when times are tough. I know it is hard when it seems really terrible, but even the biggest pile of trash can be cleaned up, piece by piece. Share your true, good self with others, take responsibility for your (re)actions, and, as best you can, keep calm in the surrounding chaos.

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## **10 Things About Meditation You Need To Know Today**

If you're thinking about getting started with meditation, there are some things that you need to know before jumping into it. Although meditation can certainly change your life for the better, it will only do so if you go into it fully prepared and with as much knowledge about mediation as possible. So, here are 10 things about meditation you need to know today.

### **1. There Are Different Types Of Meditation**

There are many types of meditation, and every one of them is a

little different. There are three primary types of meditation: open monitoring, focused attention, and automatic self-transcending. Within these, there are many other types of meditation that you can do, including heart rhythm meditation, guided visualization, and Qi Gong.

Each type of meditation is different and has various purposes and benefits. That's why it's important to take some time to determine exactly what you want to get out of meditation before you jump into it. You need to make sure that the type of meditation you choose fits your lifestyle and beliefs, and is something that will benefit you. There are some types of meditation that target specific problems such as anxiety, heart disease, or stress.

## **2. You Don't Have To Stick With One Type Of Meditation**

You're by no means stuck with the first type of meditation that you choose. In fact, even if you've taken the time to decide which one is right for you, it still may not end up working for you. The good news is that you can keep looking for another type of meditation to try until you do find something that works for you. You can also learn several types of meditation to gain the different benefits and use them for different situations.

We recommend taking time to learn one type well before moving onto another type of meditation. Because each type requires time to learn and practice, it's better to keep your focus on one type until you've mastered it before you decide to learn another one. However, once you have mastered several types, you'll be ready to use them when you need them.

### **3. It Doesn't Require A Certain Posture Or Position**

When most people think of meditation, the first thing that comes to mind is a cross-legged guru with their hands resting on their thighs, fingers and thumbs forming circles while they hum. However, there really aren't any specific rules about how to meditate, and you certainly don't have to sit rigidly the whole time.

Actually, meditation requires you to be as comfortable as possible so you can keep focused on what's going on in your mind instead of your body. Sitting upright is generally the best position so you don't fall asleep while meditating, but there are some types of meditation that require you to be laying down, like body scan meditations and meditation for sleep.

### **4. It Won't Make Your Mind Go Blank**

Something that many people incorrectly believe about meditation is that it involves emptying your mind of all your thoughts and reach a state where you think of absolutely nothing for a period of time, and it's that blank slate that allows you to accomplish a greater level of enlightenment and self-awareness. However, this is simply not true, nor is it possible.

The mind naturally jumps from thought to thought, and trying to stop it from doing that will only leave you frustrated and very much not relaxed. What meditation actually does is gives you tools to keep your focus on only your meditation. Being aware of the thoughts that come up during meditation is an important part of it and is what will help you come to a deeper understanding of your own mind.



## **5. You can learn from a variety of sources**

Some people believe that there's only one way to learn how to meditate, but there are actually several different ways. This is great news because everybody has a different learning style, so not everybody is going to be able to learn meditation the same way, just like learning anything. Fortunately, for as many learning styles as there are, there are tools and techniques to learn how to meditate.

You may find that reading a book is the best way to learn meditation. Others may instead listen to that same book on audio to learn. You can also get help from someone who has already mastered the type of meditation you want to learn. This can be the best way because they can help guide you and work through any specific problems that you have. What's important is that you find what works best for you.

## **6. You Might Fall Asleep During Meditation.**

Even if you're not doing meditation specifically to fall asleep, you may find yourself falling asleep while meditating because it puts you into such a relaxed state, especially if you're doing it at the end of a long day at work. The good news is that this is totally normal and if you do, don't worry too much about it. If it does seem to be turning into a problem, then you can try a few techniques to keep yourself alert during meditation.

## **7. Meditation Physically Changes Your Brain**

Although meditators have known that there are profound changes that happen in your mind when you meditate, only recently have researchers taken the time to study the physical changes that

take place in your brain because of meditation. Some studies that have been done looked at the differences between meditators and non-meditators, while others looked at the changes that occurred in a group of people who started meditating.

One of the changes seen in the brain of those who meditate regularly is that there's more gray matter which means more brain cells. Another change involved the amygdala which is where the "fight or flight" reflex is triggered. In those that meditate regularly, this area was physically smaller which means they're more likely to handle stressful situations without reacting with fear.

Another interesting thing to note when it comes to physical changes that happen when you meditate are the brain scans done of people who have been meditating for many, many years. Their scans when they were not meditating looked like an inexperienced meditating while in a state of meditation, meaning that the changes that occur during meditation eventually become permanent.

## **8. There Are Many Health Benefits To Meditating**

The health benefits that occur in the brain from meditating are only the beginning of the many things that meditation can do for your body. Meditation has also shown that it can increase blood circulation which helps lower your blood pressure and your risk of developing heart disease, which is the leading cause of death for people in the United States.

One of the reasons that meditation has such an impact on your health is that as you become more aware of your inner self, you become more protective of it and begin to make healthier choices for your body. Many people have successfully used meditation to quit smoking or get out of other addictions because meditation allows them to deal with the underlying

reasons for their addition.

## **9. It Doesn't Have To Take A Lot Of Time Out Of Your Day**

This may be one of the most common misconceptions with meditation is that it takes up a significant part of the day. This belief has led many people to not even bother to meditate since they don't feel like they'll have the time to do it. Although there are certainly some types of meditation that expect people to devote an hour in the morning and an hour at night, there are many more that require significantly shorter amounts of time, as little as 5 minutes, that are easy to fit into your day.

For people that truly understand how important meditating is, they will make it a priority and make sure that they devote the time they need to meditate every day. As you start meditating regularly and see the benefits of it, then you, too, will be willing to get up a little earlier or put your phone down for a few minutes to meditate.

## **10. It Takes Time To Master**

Like learning any new skill, meditation takes time to master. You won't get it right the first few times, and that's ok. Just like you don't be able to run a 6-minute mile the first time you step onto a running track, you need to practice to master meditation. It will also take time for you to begin to see the benefits of meditation, so don't give up if you don't immediately start sleeping better at night or feeling less stressed throughout the day.

This is why self-evaluation is such an important part of meditation. You need to take a step back every once and a

while to really evaluate how you are so you can see that the meditation really is working. One way to do this is by keeping a journal where you can note your thoughts and feelings. Over time, you'll see how meditation is changing you and the way you see the world.

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## **When is the Best Time of Day to Meditate?**

The truth is that there is not one correct answer regarding the best time for everybody to practice meditation. Each person is different and looks to meditation to help with their particular life in their own way and in their own time.

So, the answer to: what is the best time of day to meditate?  
Is: It depends on you!

### **What are you looking to get out of meditation?**

Let's review some reasons why people are drawn to meditation and consider the best time of day for each of these reasons to practice meditation. Then you can decide for yourself the best time of day to practice based on why you want to meditate.

### **For Increased Focus and Concentration**

If you are using meditation to boost your focus and concentration for the day ahead, the best time to do that is first thing in the morning. Ideally, you wake up, use the restroom, then sit to mediate. Before coffee, eating, and especially social media. These first minutes of being awake is when you are most in tune with yourself and the universe.

When you start your day with meditation, it sets the tone to remain throughout your day of being more mindful, focused, and relaxed.

## **For Falling Asleep**

Most methods of meditation are inherently stimulating, thus create a more alert and focused mind. Additionally, the reduced stress caused by meditating generally alleviates difficulty in falling asleep. But we all have our moments when we just can't turn off the brain, and need a particular type of meditation to help with that. Most obviously this meditation will take place at night just before you intend to fall asleep. You can either sit away from your bed to do such a meditation, such as a visual meditation, or a mantra meditation. Alternatively, you might do well to lie in bed and listen to an audio recorded guided meditation to help focus your monkey mind and fall asleep more quickly and more relaxed than in the silence of the dark.

## **For Acute Stress Relief**

There are times when you are in a social (or worse, work) situation that creates a high level of stress and you just need a minute to look inward. These situations can be really challenging, because you *want* to maintain your composure, but it seems impossible when you are irritated by someone or something. It helps to have completed a few sequential days of regular sitting meditation practice, but when even without, you can use your breath to tap into your center, to find a tiny piece of appreciation in the moment you are in (and even for the irritant when possible), and let go of the stress. This can be difficult if the conflict is happening during a conversation. When time allows, find a moment alone, close your eyes, and for 10 long breaths, inhale gratitude and relief and exhale any tension or negative emotions. These stress-filled times can happen at any time of day, so practice a similar meditation technique whenever

you need a refuel.

## **For Dealing with General Stress**

Often times general stress is caused by working a 9-to-5 job and fulfilling familial duties. Sometimes taking “time out” after work is just what is needed to allow yourself to be most mindful with your family! If this is the case, meditating at 6 pm might suit you and your family best. And remember – even 5-10 minutes of meditation can give you amazing gains in many areas of your life. If you need a few minutes to “decompress” from the day at work, or if you are overwhelmed by having to cook yet again, GIVE YOURSELF that gift! At any time of day that it suits your hectic life.

Meditation is the answer to so many dilemmas and questions. It can reduce anxiety, help with sleep, keep the mind focused, and allow space for more love, to name a few things. Don't be intimidated by it, try it at different times of the day, and try different ways of meditation. Find what is right for you.

Start small with a few minutes a day and build up the minutes as the weeks progress. Sit once a day or twice. Sit on the floor or on a chair. Sit outside or in the closet. Be comfortable, embrace it, and choose the time of day that resonates most with you!

Namaste.

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## **4 Signs That Your Stress is**

# Related to Anxiety

If you are struggling with stress and anxiety, they might not be mutually exclusive. It is possible that they are linked, either with stress occurring first or anxiety occurring first. Here are some signs that your current stress is related to your anxiety.

## **You Have the Fight or Flight Response**

A really common sign that the stress you are experiencing is also related to anxiety is when you have the fight or flight response. This is something that happens frequently with people who have anxiety or panic attack disorders. You begin to get fearful or are in the middle of a panic attack, which leads you to want to escape wherever you are. If you can't escape, such as if you are driving on the highway, it can start causing a lot of panic. This same response also occurs with people who are under a lot of stress, wanting to avoid people or situations. It can definitely be a sign that your stress is from your anxiety.

## **Your Body is Reacting With Pain or Discomfort**

Another thing that both stress and anxiety can cause is changes in how your body feels, often resulting in various types of pain and discomfort. You might find that you are suddenly getting a lot of headaches or your migraines are happening more often, you have nausea or are vomiting, or you are suddenly having a lot of joint pain. These types of pains might not be physical, but from your emotional turmoil from both stress and anxiety.

## **You Have Difficulty Focusing**

Do you find that when you are stressed about something, just focusing on any one thing is hard to do? This is not only a sign of being under a lot of stress, but can also show a link between stress and anxiety. People who are anxious or have a mental health disorder find that focusing on something like work or schoolwork is difficult because those anxious feelings overwhelm their minds. This is actually a good sign that you might want to get extra help for your stress and anxiety.

## **You Are Having Trouble Sleeping or Eating**

Yes, your stress and anxiety can both cause issues with sleeping and eating habits. These can happen exclusively as well, but if you have stress and a history of anxiety, then having insomnia and lack of appetite could be a sign that the two things are linked.

## **How to Find More Ways to Relax and Unwind**

So, you have tried journaling and removing negative energy and situations from your life. You have also tried various forms of yoga and taking in a nighttime routine. You have a stash of essential oils and all the diffuser jewelry and devices a person could think of. The problem is you still find that you need to relax more and escape the daily grind. If this sounds like your situation, then consider these methods of finding more ways to relax and unwind.

## **Think Outside of the Box**



The first way to find more ways to relax and unwind is to think outside of the box. The common ways to relax are to exercise, use yoga, color, meditate, and even to just breath. You need to think outside of the box. Stop looking at the common methods that others use and look to what makes you happy and relaxes you. Don't think about what other people will think of your relaxation techniques, just do them. For some this could be writing, knitting, crafting, or even cleaning. Whatever works for you, do that. It is your stress, your relaxation, and your journey.

### **Be Comfortable in Being Alone**

One way to find new ways to relax is to be comfortable with being alone. This doesn't mean being lonely. It means being alone and being okay with that. Finding out about you and the person you are when no one else is there. This is usually the hardest part of finding more ways to relax, because you start to see what your issues are and where your stress may be coming from. You may experience anxiety, but through that anxiety you will find ways that help you relax and those may surprise you. Let the process happen and just take some evenings by yourself to discover what makes you happy and what relaxes you.

### **Look to Childhood Influences**

Sometimes the simplest of things that we used to relax as a child can help us relax now. It may seem silly, but think back to the things you found relaxing as a child or a teenager. You can even look to things you found relaxing in your early 20s. These things may still relax you and may have been forgotten over the years. Look to those and see what may still work for you, what holds and interest, and what you could apply into your life now.

They key to relaxing and unwinding is to keep it from becoming just another thing to do. For example, some people prefer to avoid the gym because paying a fee makes the gym a to-do list instead of a want to do list item. Make sure you are doing what you love and not what you feel you have to do.

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## **5 Steps for Making Affirmations Work for You**

The powerful technique of affirmations has helped thousands of people obtain everything they desire. Many people practice positive affirmations daily, but not everyone manages to benefit. Affirmations work a lot like visualization and setting goals. If you practice affirmations but aren't enjoying the results, then you are probably doing something wrong. Here are five simple steps for making affirmations work for you.

### **Step #1 – You Must Feel It**

Many people don't see results from their daily affirmations because they are merely doing it for the sake of doing it. They aren't associating any emotions or feelings with their affirmations. If you want your affirmations to work for you, then you have to include positive feeling words in your affirmations. When you can feel the emotions, your affirmations will become much more powerful and effective.

### **Step #2 – Repetition is Key**

You will never achieve significant results by taking a single step. The same principle also applies to your affirmations. You have to practice them every day if you want to make them real. You can't just do it once and then forget about it. You have to repeat your affirmations every day until it becomes a habit. When your affirmations become habits, only then will you start seeing the results.

### **Step #3 – Turn Your Affirmations Into Your Habit**

If you want to get the most out of your positive affirmations, you have to turn the practice into a habit. This means that you should repeat your statements at the same time every day. The best times to practice your affirmations is once in the morning and once before you go to sleep. Repeating your affirmations right before you go to sleep at night, it helps your subconscious mind continue to work on what you want in your life.

### **Step #4 – Belief That it Will Happen**

Most people will do their affirmations, but they don't believe that they are going to get what they desire. If you don't believe in something, you will never put in the effort required to obtain it. You will never take action. Your beliefs define your action, and when you believe that you are going to achieve it, you will do whatever it takes to get it.

### **Step #5 – Commit and Take Action**

If you want your affirmations to work for you, then you have to put in your commitment to achieving what you want. If you want to have a slim body, then you have to be committed to that outcome and take action by working out and eating better.

If you want your affirmations to work for you, then you have to be determined that they will. Practice your affirmations daily, with feeling and emotion, and you'll be amazed at how quickly your desires are manifested.



## ***AFFIRMATIONS MADE EASY:***

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# **Develop Your Personal Power: Learn to Face Your Fears**

If you want to fully embrace and own your personal power, you must accept all parts of yourself, which includes facing the fears that may be controlling your life. When fears become powerful, they can consume your energy and rob you of the ability to reach your goals or feel confident in your life. Learning to face your fears is crucial if you want to truly feel powerful and in control.

## **Learning from Fear**

In the same way that our failures and setbacks in life have much to teach us, so do our fears. Everyone fears something. It is a part of being human. It is impossible to be utterly fearless, no matter how hard you might try. And often, fear is a helpful thing, keeping us safe from possible harm. So, instead of avoiding those fears or making decisions that keep us from situations that bring us fear, we should instead seek to understand those fears.

Most of the fears you likely have in your life are unnecessary for securing your physical safety and are probably robbing you of the power and strength you want in your life. Fear is usually the result of a lack of self-worth or confidence, and these anxieties can keep you from reaching your goals or living in happiness.

Instead of running from your fears, it is time to turn and look more closely at them. Fear is rooted in your uncertainty in your abilities or worthiness, so finding exactly what it is you are afraid of, and where that fear comes from can help you understand and learn from it. Most concerns are not based on your actual accomplishments or abilities, and many are entirely irrational. What would happen if your greatest fear came true? What would the consequence really be? And how could you overcome that?

Fear is a sign that there is untapped power in your life. Wherever you are afraid, you have the potential to grow your confidence and become more powerful. So, how do you turn your biggest fears into sources of strength in your life? Here is how.

## **How to Turn Your Fear into Power**

First, you need to reflect on those fears. Dig deep to look at

what underlies those feelings. What are you afraid of? What if that fear comes true? What will it mean about you if your fear is realized? As you are reflecting, listen to the types of words you use and the way you talk to yourself. Do you hear negative self-talk? Are you sabotaging your own confidence as you reflect on this topic? These negative statements also tell you a lot about your fears.

Turn these fears into positive affirmations. State your positive outcomes as if it has already happened. Write it down. Turn your fear into a reality you want to realize. Repeat your affirmations daily while you are working toward your goals.

Next, weigh the possible outcomes if you pursue that which scares you. If you pursue this dream, despite your fears, what could happen? If you do not, what could happen? Write a list of pros and cons for each path, including the worst-case scenario for each. Once you do this, you will realize that you can overcome all the obstacles you perceive as standing in your way to achieving your dreams.

The final step is acting on your goals and taking the plunge to push past your fear and move forward. Do one thing that moves you in a positive direction. Tomorrow, do another. Each day take one step closer to confronting your fear and realizing your goals. Each little step brings you closer to your final destination.

If you are ready to face your fears and harness them to develop your personal power, today is the first opportunity to take the first step.



Download this free report and work through finding your personal direction!

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## Can Love Heal All?

The old saying “love heals all” has been used as a motivational mantra during hard times. This elusive idea that love, one of the most powerful emotions of them all, can bring about a sense of peace is overwhelming; in the best way possible.

Unfortunately, it takes a deep understanding of yourself and the world around you to grasp the concept that love really can heal a majority of the things we go through. Let’s consider how.

### **Love Is Supportive**

It seems that during our darkest moments, the outpouring of love can come in various forms. Whether it’s a friendly text from a loving family member or a nice greeting from an unknowing stranger, love is expressive. This seemingly small display of affection can be the light an individual needs during an overwhelming time.

### **Love Is Patient**

When a person truly loves someone, they exercise patience. This means they’re open to overlooking simple flaws with the hopes that one day they’ll continue working on themselves. This is an essential quality to have when you’re in a romantic relationship. Sure, nobody is perfect. However, the more you continue to exercise patience, the more you’ll appreciate

their growth.

### **Love is Unconditional**

Much like a mother who loves her child, true love is unconditional. This means it's able to overlook physical and emotional imperfections. This is especially healing for individuals who are going through transformative stages. They may be on a weight loss journey or even pursuing a new career. Those in their circle who love them are able to overlook this momentary lapse of "perfection" and exercise unconditional love.

When people are going through certain things, they need this unconditional love to help them endure. By having this unconditional support from the ones around them, they're able to continue their journey with strength.

### **Love is Understanding**

When a person feels misunderstood, they're missing a strong aspect of love from others. They may feel like those around them aren't trying hard enough to see their point of view. This could easily come off as unloving.

However, individuals who love one another will go above and beyond to understand their counterparts. This means taking the time to listen and truly grasp the perspective of those around them. This is an essential characteristic for those in romantic relationships.

Understanding is one of the foundations of love. In fact, many people end relationships because they felt their partner simply didn't understand them. Since it's so important, it's vital for those to seek understanding as a means to showing love.

### **Love is Expressive**

When individuals are going through hard times, it's good for those around them to express their love and support. This little boost of motivational confidence is like medicine to a



sick child. It just makes the pain tolerable and easy to endure.

When an individual expresses not only their support, but also how they feel about a person, they're letting them know that their life is real. This is especially important for individuals going through self-esteem issues.

### **How Can You Show Love**

Using love as a healing tool is an essential part of developing healthy relationships. One of the foremost ways you can implement this into your daily relationships is to let those around you know how you feel about them.

Seek to practice understanding and patience as you deal with those going through hard times. In addition, never be afraid to express your love and support for them. Your kind words and consistency may be just what they need to endure.

As you continue to practice love as a healing tool, understand that the universal law of attraction is real. What you put out will surely come back. Therefore, continue to place love at the forefront as it truly heals all.

**Love truly makes the world go round.** If you are eager to learn how to use the power of love to live the life of your dreams, consider enrolling in the 8-week online course:

LOVE YOUR LIFE !

[Enroll Now](#)

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# How the Declutter Method Can Change Your Daily Habits

Decluttering and organizing your home does not have to only occur once a year as the spring begins to arrive. Taking the time to organize and declutter your home frequently throughout the year is a way to drastically improve and impact your daily life. When you want to live a happy, healthy, and fulfilling life, begin making the necessary changes in your own home with a bit of decluttering and organization.

## **Give Yourself Room to Breathe**

Walking into a space in your home that is cluttered and littered with papers, clothing, and other personal belongings can feel daunting and cramped. Cleaning and organizing all areas of your home is a great way to give yourself room to breathe and simply relax. Eliminating unnecessary clutter and junk from your home is also optimal if you are interested in boosting the overall air quality in your current living space. Without piles of junk, paperwork, clothing, and unnecessary items, you can enjoy more breathing room without causing your rooms to feel stale.

## **Feel Refreshed Each Day**

Waking up in a clean and organized home is a great way to boost your mood while providing you with the focus and mental clarity necessary to take on the day. When a home is organized properly and decluttered, it is much easier to find peace of mind while unwinding, relaxing, or even working for the day.

## **Find What You Are Looking for in Less Time**

Living in an unorganized home is challenging, especially when you are searching for your personal belongings or a specific piece of paper. Not knowing where items you are searching for are can quickly become irritating, stressful, and frustrating (causing a negative mood). Get organized by investing in

plastic totes, wooden boxes, and other organization tools that blend with your current lifestyle and the type of belongings you own.

### **Avoid Feeling Cramped and Overwhelmed**

Living in a cluttered and unorganized space can quickly become daunting, cramped, and overwhelming. When you no longer feel at home or you are unable to gain peace of mind when returning home from work each day, it is likely time to consider a serious decluttering and organization plan of action.

If you are still overwhelmed at the thought of decluttering and organizing your entire home, consider working on one room at a time to minimize the stress of moving forward. When you feel cramped and overwhelmed in your own home, it is much more difficult to feel creative or excited about other areas of your life. Improving the quality of your living environment is one of the best ways to ensure you are making the most out of your life and the home you live in.

Understanding the role that clutter and disorganization play in the home is essential when you want to make positive changes for the better in your everyday life. When you know how to remain organized and without clutter, take the proper actions to ensure you maintain a clean, organized, and welcoming home at all times.

**Enroll now in a 4-week course to Declutter Your Life – get weekly motivation including checklists and worksheets to clear up your personal spaces as well as your mental space!**

Ready to Declutter Your Life?

[Sign Up Now](#)

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# How to Use a Journal for Self-Discovery

Most of us have a lot of things on our minds, yet we don't put enough of it down on paper. Many of those ideas and thoughts bouncing around in your head can sometimes start to feel overwhelming. You may have secret hopes, dreams, love interests, failures or ups and downs going through your head.

It can be hard to remember each of those and it can be very difficult to keep all of your thoughts organized without writing them down somewhere. A great way to remedy this, as well as clear your mind a little, is to write everything down in a journal. Keeping a journal is great for anyone and is an awesome way to express yourself away from any judgment of others. Below are some tips for starting your first journal.

## 1. Protect Your Privacy

You must first think of ways to protect your privacy when you start a journal. This is especially true if you plan to add ideas that you don't want people stealing. Always reserve the first page of your journal for your name and phone number or email address. This way, if it gets lost, you might get lucky and have it returned to you. If you like to write online, you may consider getting a personal email set aside just for your journal entries. Alternately, consider getting a flash drive to keep your entries on and make them password protected.

## 2. Date Your Entries

If you are only able to establish one habit when writing in your journal, it needs to be adding dates to all of your entries. This will allow you to reconstruct your entries chronologically by dates. It can also let you notice the silence in between certain entries.

## 3. Keep and Read What You Write

Many don't feel the need to go back and read what they have written. However, it can be of great importance to go back and read what you wrote previously. You can be pleasantly surprised with how much you knew before and how far you have come.

#### **4. Write Thoughts Down Quickly**

Many people who journal regularly know all too well about "journal block." This is the same as writer's block and you can lose everything you want to write down if you don't get it out in time. To outsmart this block, write everything down as fast as you can or as soon as you have a thought come to mind. Don't tell yourself you will write it down later because you might miss your chance.

#### **5. Be Truthful**

Your own personal truth is not your enemy. You are writing for yourself, not for anyone else. Do not try and talk yourself out of getting to know yourself better and trying to understand how you really feel about things. You have to give yourself permission to tell the truth about everything. Also, give yourself the ability to go at your own pace. If you are having a hard time facing your own truth, you can slow it down a little.

#### **6. Write Naturally**

The best thing about keeping a journal is that there are no rules to follow. Don't overthink what you are writing or how you are writing it. Write naturally and enjoy the process. You will gain more from it than you realize.

#### **7. When You Start, Don't Stop**

When you start a new entry, it is best to start with the present moment. This could be what is going on in your life that day or that week. It is best to keep the thoughts and ideas flowing. Add in how you are feeling about everything going on as well. When you come back to read old entries, you will find it easier to relive the moment if you were more

descriptive about how you were feeling as things were happening in your life. While writing, don't take time to go back and edit or rewrite anything. Let everything flow out naturally.

### **8. Start with A Quick Meditation Moment**

In order to get yourself ready for a writing session, take a few moments to take some deep breaths and meditate. You can use a variety of things to help you get in the mood for writing. The use of deep breathing, soft music, stretches or candles are all great things to help get your creative juices flowing.

Do any of these methods resonate for you? If so, please share your experience below.