



Five Ways To

IMPROVE EMOTIONAL WELBEING

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Introduction

5 ways to improve emotional well being From woundstoscars.com

I firmly believe that any pain can be healed. I also maintain that when you invite Jesus on journey nothing will be left undone. He will complete and make you whole . (if you are a doer like me you will be anxious to get to the how. Stay with me we will get there.)

Being purposeful about your emotional health will be crucial. I suspect you are and that is why you are reading this ebook.

In the book you can find 5 strategies that will assist you in this goal of understanding and prioritising your emotional well-being.

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1

Choose you daily .

- **Understand you and know what makes you function**

I have to exercise regularly, walking is my form of exercise. Walking gives me time to think and put things in perspective. As a homeschooling, work from home mother I do not have many opportunities to have 'me' time. Despite the many demands, I have come to guard diligently periods when I can go walk the hills by myself. I usually returned refresh, restored with new perspective and ready to dive into running a business and homeschooling three active children. **What do you need to the best you everyday?**

- **What are your stress points**

What are the stressors in your life, identify and illuminate them as quickly as is possible. The goal is to be the best you, living in a stressful situation is not enabling. If it is a relationship, maybe a honest conversation will help change the situation, be sure to use 'I' statements. Know when it is time to call 'time'. Maybe it is your employment, is it time to begin the search for something more suitable to where you are now. It could be that you have out grown your current position.

- **Own your pain and make the decision to heal**

I appreciate that this can be challenging sometimes, hiding seems comfortable, safe and familiar. Notwithstanding, making the decision to heal will be an important step in choosing you.

- **Spend time in prayer and bible study**

Quiet time with God is invaluable, it will be beneficial in giving perspective, peace and perseverance for whatever challenges you are dealing with.

2

Get rid of guilt

Guilt conjures up the image of someone on a journey struggling to carry a large bag. It is impossible to navigate life with these burdens, nevertheless, the traveler is determined to hang on to their load. It goes everywhere with them. Guilt can sap your energy and, more importantly, distance you from God. How is this possible? Guilt has astounding accuracy. It locates and highlights past mistake and uncovers experiences you would rather forget; the one that you have locked inside, hidden. Guilt is not solution focus.

How can we detect and eliminate our guilt? The Bible says, 'confess your sins one to another and pray one for another' (James 5:16). The Bible further states that 'If we confess our sins, He is faithful and just to forgive us of our sins and cleanse us from all unrighteousness' 1 John 1:9 Shine the light of the word of God on Guilt. I would like to encourage you to trust God enough to tell him all your needs. You can tell Him all your mistakes. You do not have to be continually hiding from them; You do not have to be ashamed of them, you do not have to be guilty. He is faithful and just to forgive, heal and restore.

Guilt influences low self-esteem as it whispers, 'If you were good enough you would not have done this.' It can make you question the grace and mercy of God; surely He will not forgive this. Notwithstanding, the Bible says, 'He is faithful and just to forgive you and cleanse you from all unrighteousness'. Guilt said no, it cannot be. I hope you are getting the picture of the origin of this sin. Guilt struggles with acceptance. It will try to convince you that God cannot accept you. It will wage war on your emotions. Let the Word of God take precedence and take hold of your new life, free from guilt.

3

Healing hurts

I have, to be honest, healing hurts.

- It will hurt to face things you have buried,
- It will hurt to face things that you only relive in the deepness of midnight when no one else is around, where the tears can flow freely.
- It will hurt when you have to stop lying to yourself, stop comforting yourself with food and medicate your pain with alcohol, pornography or whatever it is that you use.
- It hurts but it is worth the effort

There is good news

Though the picture I have described above seem dismal, there is good news. When you have made the decision to engage with some form of healing program the benefits far outweigh the pain.

You will gain freedom from something that perhaps was a strong hold in your life. You will obtain skills to help navigate the rest of your journey and self determination to ensure that you keep going.

And best of all, that thing that you have been hiding from, that pain that you felt would have eviscerated you, the one that had threatened on many occasions to overwhelm you with its intensity. Yes that one, when you engage with support you will discover that it was totally manageable and that you are stronger than you ever thought you were.

What steps do you need to take to begin this journey ?

4

Recovery is Revenge

- The best revenge that you can give, the best comeback, the best fight back, the best strategy to win your abuser, tormentor rejected and the people who have side-lined and discriminated against you is to find freedom and keep moving. With this strategy, the hurt that was meant to hold you back is actually being used as fuel for your fire. This fire will help you get through nightmare filled nights and help you face the fears at dawn. It will give you the courage to find therapy, a support group, sign up for that retreat that you have been thinking but had not committed to.
- I understand the fear because the fear represents the voice that has been around for a long time, it is the voice of your abuser or tormentor and it has become your voice and you have accepted it. You have begun to believe what they say. You remember once upon a time when you had fought back. The best revenge is to learn how to replace the tape of negative messages that damaged your self-esteem and attacked your worth as a person.
- **Recovery will mean:**
 - You can trust yourself again
 - Listen to your voice and internalise it.
 - Trust people
 - Accept support
 - Tell your story
 - Be free

5

Rainbow follows rain

The rainbow represents hope and new beginnings. It signals the end of one thing and the start of another. I can hardly suppress the impulse to smile when the rainbow appears. Seeing the rainbow makes me happy as it brings a sense of peace. It splashes of colour communicates both finality and a starting point.

The rainbow instantly commands attention and seem to say 'dark clouds are not forever' it seems to represent hope and the promise of a better tomorrow. It brings with it the expectation that I can grieve the pain of the past and look ahead to a brighter future.

The rainbow represents freedom. The kind that liberates from guilt, shame, embarrassment, self depreciating thoughts and self-defeating actions. It points to a time when sleepless nights can become nights of peace. It removes fear and replaces it with confidence in the one who paints the rainbow. The rainbow says all that has been taken away can be recovered. The cracks that have appeared in a once stable relationship do not have to expand and become wells of regret, sorrow and heartache. The rainbow says 'tears are as seasonal as clouds and rain.' the rainbow can represent hope that the winter of broken dreams and shattered relationships can become the spring of new desires, restoration and new beginnings.

As the rainbow follows the rain likewise the life that seem to be on the edge of ruin haunted by failure and the fear of trying again; can once again flourish and thrive. It declares this does not have to signify the end. The clouds are not the signal, the rainbow is!!!



I have set my rainbow in the clouds, it will be the sign of the covenant.. For the mountains may be removed and the hills may shake, But my lovingkindness will not be removed from you, Nor will My covenant of peace be shaken,” says the Lord.. Genesis 9:13, Isaiah 54:10

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