

IT'S OKAY NOT TO BE OKAY

We detox our bodies and forget that our lives need to be detoxed from disappointment. The disappointment after disappointment that leaves this film on us until life appears foggy. It's a film that no one can see but you know it is there. It is time! Your mind needs to be healthy just as much as your body.

We each experience death in different ways. The world recently experienced a oneness from Covid. It is not the oneness we hoped for but nonetheless, it is a oneness. This pandemic has no boundaries. You may have lost someone to Covid or known of someone close to you who lost someone.

There is also another kind of death to be addressed. And that is the death of a dream, a relationship, a business, etc. You can even feel alone but rest assured, so many are going through uncertainty and it's not easy.

You owe yourself to restore hope after dark times. Sometimes you are unable to see your options that gives light because your focus is on the unfortunate event or time in your life. There is always hope and you will always have choices in life. Even at the time of death, you get to decide whether you will be placed on life support or not, you even get to decide on the treatment to be provided. You will always have a choice.

Be present and go through it. Go through it all. You need to be able to move forward and the only way to do this is to experience the pain, loneliness and loss. Sit with each emotion including anger and face the ugliness head on. Until you do this, you will not be able to move forward. If you do not deal with negative emotions, you will find other ways to cover the pain. The good news is that when you become aware of the emotions that have a hold on you, you will also be quick to know the emotions that trigger the memories of the past.

If you feel you are at the fork in the road and you deserve to be able to see at least one path? You are not alone; we have all been there at one time or another. Let's explore options together and learn how to truly be happy.

Remember, it's okay not to be okay. We are all doing what we can to have a healthy mind.