



Why Fight Your Feelings When You Can Accept Them?

My Sad Is Okay

We deny or avoid feeling sad, angry, hurt, nervous, and afraid. But what if we were to accept our “negative” feelings like our “happy” feelings?

Think about it. How often have you told yourself to stop crying only to find yourself crying more? Why not take a different approach next time you start to feel any uncomfortable emotions?

Acceptance and understanding are key to practicing mindfulness. Instead of disowning what you feel, acknowledge and accept it first. Be okay with not being okay.

More than likely, you are sad or angry for a reason. Be a friend to yourself by listening to what your “feeling” brain is telling you. “I’m sad,” you tell yourself. Well, you should be sad when something like this happens.

You are human and have the right to feel. The next step is to allow yourself to feel. Cry or say you are sad. That’s right! If you are hurt or angry, use your words to calmly communicate this to yourself and others.

Overcoming Anxiety

Relaxing is one of the most effective ways to overcome anxiety, phobias, stress, or panic attacks. Yet, some people’s most common habits are not relaxing their minds and bodies. For example, people often scroll through their phones or watch a horror movie right before bed. While these strategies may serve as a distraction from intrusive thoughts, reading social media posts or watching a serial killer murder a victim does not decrease your heart rate or your analytical thinking.

Try *deep relaxation* instead.

Source: Bourne, E. J. (1995). *The Anxiety & Phobia Workbook*. New Harbinger Publications, Inc.



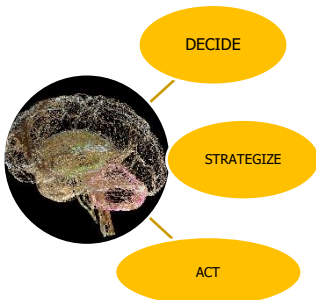
LEARN MORE ABOUT MINDFULNESS & RELAXATION. SCAN THE BAR CODE TO REACH DR. SHARESE MARTIN, LPC, PH.D.



Life-Long Learning & Neuroplasticity

Our brains are beautiful. Did you know that your brain can heal itself? It's called *Neuroplasticity*. Now you know there is always hope. We have heard the phrase, "Knowledge is Power." Being a life-long learner means you keep an open mind to learning new information. So, how do we let our brains learn new information to heal from past pain?

First, we decide we want to heal. We can't do anything until we decide to do it.



Second, we come up with a strategy. Who, what, when, where, how, and why?

This is when it gets difficult. It's so easy to find an excuse in this planning phrase. I encourage you to push through the urge to give up.

Who? Who can help me with this? Who can teach me?

What? What do I need to learn? What do I need to "unlearn"? What will I have to sacrifice to change?

When? When do I start? When can I find the time?

How? How does this work? How can I make this happen? How can I afford this?

Where? Where do I go from here? Where do I start?

Why? Why bother? Why do I need to do this?

Third, we **ACT!**

A= Accept who you are and what you know or don't know. Accept your strengths, faults, achievements, and mistakes.

C= Commit to the change. Tell yourself that you will learn, grow, and heal. Make a promise to yourself.

T= Time. Give yourself time. Change does not happen overnight. Be gentle, compassionate, and patient with yourself. Allow yourself time for error. Expect to fall and encourage yourself to get back up. Know that if you have breath in your body, there is hope.



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How do I know that you can heal from pain and trauma? Because I did. My education is my tool. My life is my evidence. My practice is my passion. Let me help you.

"Your Hidden Power Is In Your Words"

Find out more. Scan Me!
Dr. Sharese Martin, PhD, LPC



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