

Emotional Spring Cleaning

Tip Sheet

So often we are in a place of change. As we look at 2021 Spring most of us are still dodging The “ Rona” . Here are some tips of how to emotionally clean your system to keep moving pandemic life forward.

1. **Consider healthy circles** - staying around people who are safe, vaccinated or following all the safety measures.
2. **Spend time with positive people** - their vibe could help you thrive and bounce back.
3. **Realize where you are** — We all have transition times in our lives. Accept where you are or think about your pivot plan and get it in place⁴. Take a break— It’s possible you just need a time out if you can safely travel - go for it and change the scenery
5. **Calm yourself**— Whatever self-soothing techniques you have learned - use them. Now is the time to dust them off and start your process again. Building emotional strength requires daily exercise, just like building physical strength.



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6. **Hang out with people who love you**— This may actually be difficult if you are in a wounded place but love is a great healer and guide
7. **Get a complete physical**— There may be a physical cause to your emotional depletion, and I recommend you get a medical doctor to look you over
8. **Try something different**—It has been proven that doing new things increases your connection with life and those close to you
9. **Write down your worries**— Getting your pain on paper can give you some perspective on what is going on. Don't rush through this, but give yourself a couple of days to make a complete list. Then start crossing off things as you take care of them.
10. **Write down what is working for you in your life.** Also list what you know about who you are: your good points. Compare your worry list with your list of what's working, and hopefully the balance is in your favor.
11. **Get some counseling or coaching** - Sometimes, when you are not feeling yourself, it may require an outside perspective to give you the information you need to take action or to stop doing something that is no longer benefiting you.

