

Day 20: Self soothing is crucial for self love

Self soothing is the ability to calm ourselves down after experiencing something stressful. This could be relieving anxieties, getting yourself to feel better after a fight or finding a solution to a problem that you are currently facing. This is very self loving thing to do and you can do this by nurturing your nervous system and finding something that brings you into a state of peace.

The main goal of self soothing is to get yourself out of fear, panic, anxiety, or whatever negative emotion you are having and improve your current state of mind. This could look like finding different thoughts or doing an activity that will help you to feel calmer. When you soothe yourself, this can release brain chemicals that make you feel more balanced and ultimately help you to improve how you are feeling.

If you are someone who has anxiety or usually thinks of the worst possible scenario, it can feel really hard to find some sense of soothing, but it does start with the awareness that you are doing it, then stopping the thoughts that are making you feel bad. It's talking yourself out of the discomfort you are feeling and introducing thoughts or actions that make you feel better than you are feeling in the current moment. It's about finding a more positive thought. For instance, let's say you are experiencing anxiety and are in a downward spiral of negative emotions. You are being really hard on yourself, you think "How am I going to get through this or you could be thinking about the worst thing that could happen in this situation. Don't be hard on yourself, you are human and you are wired for survival so this is sometimes where your mind goes. And know if you are feeling anxious, these thoughts are coming from your ego, not your higher self.

The key is to focus on something positive that could happen. Start asking questions like, what's the best possible thing that could happen? What is something I can do right now to get my mind off this and feel little better? What am I grateful for in this moment? What's the most kind and loving thing I can do for myself right now?

It's most important to calm your mind and not focus on the thing that is making you feel anxious, this is just your anxiety speaking. If you continue to play it over in your mind, it will keep you stuck there.

When you can transcend the current negative thoughts and envision what you want to happen instead of what you think might happen, and when you can FEEL how you want to feel even though it hasn't happened yet, things will smooth over. Things will calm down and it's because you got there in your mind first. You've got to be able to get there in your mind first because when you can and you can start feeling how you want to feel, by introducing positive thought or envisioning what you want to happen, then you are in a different state of mind and the law of attraction brings you more situations that you feel good about.

If you can't do what I just mentioned you could try practicing being in the present moment. This brings you into the present moment and out of what could happen.

What is happening right now? This could be stopping and listening to your breath. It could also be getting out into nature and really observing it. Inspect a tree bark. Look at all the lines that are in a leaf or a flower. Feel your feet on the ground. Look at the lines in your hand. Place your awareness on what is happening now. Do something that brings you into the present moment.

If you can't find a solution to a problem you are having, you could ask the universe for some help. Say it out loud and ask for possible solutions. Then when you feel little calmer start looking for the answers. They will come.

Now if you've just had an argument with a partner, family member, co-worker, boss, that's a little different. You may be triggered by something they said and here's what you want to do in this situation...

Let yourself feel what just happened. Right now you could feel sad, not seen, or generally just in pain. Honor your feelings, FEEL them and then let them move through you. It's important to feel them and not repress them because then they

get stuck and build up which isn't healthy. When you cry or express your emotions in a healthy way, it releases and the feeling subsides.

The next part of this is getting to the soothing. What will make you feel better once you have allowed yourself to feel? Find thoughts that make you feel better than what you are currently experiencing. So if you are angry, you may not be able to get from angry to happy but you may be able to go from angry to disappointed. I know that doesn't sound any better but it's actually a higher vibration emotion that's going to help you get closer to something positive. This is just about finding something that feels better than where you currently are. Then maybe you could go from disappointed to feeling more hopeful and when you can get to hopeful from there you may be able to find something that feels more positive like, maybe this can all work out.

You could start saying things like, that didn't go as well as I had thought, but this is allowing me to get out emotions and heal. I'm going to allow myself to be where I am and feel what is coming up for me. My feelings are valid, I'm doing really well with allowing my emotions to be expressed. I feel much calmer now. Things always work out and this will too. I know that we can repair this and find some sense of harmony. I have what it takes to get through this and everything is going to be ok. I know that I've gotten through my hardest days and I will get through this too. Whatever feels good to you and only you know what that is.

Self soothing could also look like doing something physical but you always want it to be a solution that is beneficial for you. This could look like exercise, getting out into nature where everything is in alignment so your vibration becomes more aligned. This could be listening to music, reading a book, taking a salt bath. Whatever healthy soothing looks like for you. If you don't know now is the time to start to explore the things to make you feel at peace. It could be meditation, calling a friend, going to your favorite spot, doing some yoga.

This will look different in every situation depending on what is happening for you. You've got to tune in and listen to your higher self, because your higher self knows the way to more peace and more self soothing. This is all about you getting to the FEELING of something better.

Here are some other things you can do to help you self soothe.

Listen to solfeggio music.

Pick up your favorite crystal. Crystals are natural elements from the earth and can entrain your vibration to the crystal you are holding and can be very soothing.

Envision being in your favorite place, a beautiful garden, the beach, your favorite spot. If your mind is thinking it, your body starts to react. It doesn't know if you are actually having the experience or you think you are having the experience. You get the same affect if you are thinking it, its why it's so important to only be thinking positive things because your body will react to the negative things you are thinking as well.

Make a gratitude list

Sit with your pets if you have them

Be compassionate with yourself

Use essential oils. Lavender is one that helps to soothe but ultimately you want to find ones that work for you.

Go outside and look at the stars, that's something that brings you into the present moment.

Listen to a guided meditation

Practice breath work, listen to yourself breathe

Change into comfortable clothes

Say affirmations or start reframing your thoughts

Journal

Rocking, rock from side to side or back and forth. Studies show that a repetitive behavior actually pleases endorphins in your brain and can be quite soothing, which is why we rock babies to sleep.

My favorite thing to do is wrap myself in my down comforter which feels like heaven to me. Whatever feels good for you, you want to do that!

We all have trauma and get triggered, the way to love ourselves more is to love ourselves through the process and know that every situation is there so you can heal your trauma. No one else is responsible for making you feel better. Only you have control over your mind and you are the one that has to do it by calming yourself down. When you do this, you can do anything and you become empowered. Let yourself go through this in the most kind and loving

way. You deserve for it to be easier, and it can be if you are being gentle with yourself through the practice and process of healing and repair. Be extra kind and compassionate with yourself in these moments.