

No Way Out?

Escape the Vortex of Tension, Powerlessness, Despair and Sadness



With a deep sigh, you turn to your side and unlock your smartphone. 3:20 a.m. is emblazoned in large, relentless digits on the screen. So late again! Another night in which you just can't manage to sleep, to calm down, to stop your head. You turn on the small lamp on your bedside table, you reach for your bathrobe, slip it on and slowly walk towards the kitchen. On the way to the kitchen, you stop briefly at the door to the children's room and look in through the small gap: how peacefully your little mouse is sleeping! Gently you close the door and continue walking.

A short time later you stand at the window with your steaming and fragrant hot milk with honey and look out onto the sleeping city. How are you supposed to manage to give your presentation tomorrow, if you have hardly slept again? How are you supposed to leave the meeting at 4 pm to pick your daughter up from day care? And how can you explain to your partner that you will not be able to and especially that you don't want his friends from the soccer club to come over tomorrow evening? And what about you? Why are you permanently sad, tired, exhausted and tense?

How nice it would be if you could just lie on the sofa with a book, a cup of good tea and a piece of your favourite cake! How nice it would be to simply sit in a meeting again, relaxed and yet intensively prepared, and give your presentation without the time pressure breathing down your neck. How nice to spend a happy, funny and enjoyable evening with friends again! But all you feel is tiredness, exhaustion and darkness inside you.

Inside you is a big, dark vortex filled with tension, lack of strength, despair and sadness. Why can't you, like other parents, always be radiant, fresh and happy through the day? Why do you get stressed out when you know you have to get your little one from day care? And why do you hate it so much when your partner's friends come over? Why are you so weak, so unable to cope and so tense? Why are you such a bad mother, friend and wife? WHY?

STOP! Immediately stop humiliating yourself, condemning yourself, scourging yourself. Stop seeing yourself in such a negative, degrading and worthless way! **STOP!**

GET TO KNOW YOURSELF AGAIN.

Consciously look at yourself and ask yourself the following questions: What makes me happy? What is good for me? What is the best way to calm down? With a book, an audio book, my favourite series? Which environment, which setting helps me come down? Which people are balm for my soul? You can write down your answers or just store them in your heart. The important thing is to really connect with yourself, your innermost being, and to answer the questions honestly. Allow your thoughts to flow freely and answer intuitively, from your soul, from your heart; without judging, condemning or suppressing certain answers.

PRIORITISE YOUR INSIGHTS.

If you have collected all the people, qualities, values, desires, things and places that make you make you happy and satisfied, that make up a fulfilled and fulfilling, successful life, look at your list or go through it again in your mind: Which of the aspects that you have identified and named are already present in your life as you are currently living it? Are there downtimes, people, settings, in and with which you can let go completely, be yourself completely or in which you are happy?

Pick out these aspects, people and qualities and put them at the top of your priority list. That means: consciously plan ten minutes every day that you spend with these people, in which you pursue the things that fulfill you, in which you bring in the qualities that make you happy, that do you good. This can be a phone call, a walk, a good coffee, a short meditation - whatever! The important thing is that you find ten minutes of your time every day and fill them individually and in a way that is coherent for you.

YOU HAVE THE TOP PRIORITY.

Realize that you, only YOU are able and responsible of taking care of yourself, your needs and desires. To bring the things, qualities and people into your life which are good for your

soul. YOU have top priority! This has nothing to do with egoism, personal overestimation or negation of your life reality, but is pure self-love! Only if you are doing well, if you are stable, balanced, happy and satisfied with your life, you can create it in a way that is self-responsible, self-reflective and self-confident. Only when you take yourself, your desires and needs very seriously, when you are your own best friend, then you will be able to overcome the abundance that will then spread within you as well as outside you, and that will shape your life in a way that deeply corresponds to you.

Listen to yourself and be mindful. Who or what would you like to integrate more strongly into your life, into your everyday routine, into your path? What would be good steps to focus on yourself, to deal with yourself in a good, loving and appreciative way?

AND THEN: TAKE THE FIRST STEP.

Let go and run! No matter how egotistical, unrealistic or even presumptuous you might feel at the beginning. Listen to yourself, your needs and your desires, and just start. Don't hesitate anymore, don't hold back, don't pretend! Just be yourself and consciously bring into your life the people, qualities and things that fulfill you, that make you happy and satisfied. There is no right or wrong, no patent recipe, no formula for happiness. There is only you, your uniqueness, your innermost desires and needs, your very own vision of life. Only if you act mindfully, from your inner centre, if you listen to yourself, feel into yourself, you can create your own individual, fulfilling, fulfilled life vision. Sensually, passionately and presently!

CHANGE YOUR MINDSET.
CHANGE YOUR LIFE.

IN THE HEART SPACE
– FILL UP – MEDITATE – STRENGTHEN – BE.

THE HEART SPACE WORKSHOPS TAKE PLACE IN COOPERATION
WITH BELANA GMBH.

#heavyload #vielbelastung #mentalhealth #mentalegesundheit #mentalload #mentalebelas-
tung #compatibility #Vereinbarkeit #mindset #lifecoaching #burnout #depression #worklife-
balance #selfefficacy #Selbstwirksamkeit #Selbstfürsorge #selfcare #Selbstfokus #selffocus
#emotionaleerschöpfung #emotionalexhaustion #mindfulness #Achtsamkeit #selflove #selbst-
liebe #weitblickcoaching #belana