

## How can we stand up for others?

Why feelings of guilt, shame, fear of weakness and condemnation only make us ill in the long run



Feelings of guilt, shame, fear of condemnation or even the fear of admitting weakness, of making oneself vulnerable - we all know that feeling. What stops us back from standing up for others, their needs and visions? Why don't we provide the support, companionship, and attention that others around us need in order to successfully master their individual challenges, their multiple workloads and the different roles they have to manage on a daily basis?

Do you, like us, ask yourself again and again: Am I the only person who sees that a work colleague, friend or partner cannot manage to reconcile job, family, partnership and personal wishes? Is it impossible for them to be the perfect mommy, the perfect daddy, the faithfully caring child, the lovingly caring partner, in addition to the many private roles, to always give 100% or more at work? Is it very difficult to meet your own demands and the demands of all others? Do you also see again and again that someone in your environment...

## **JUST CAN'T TAKE IT ANYMORE – IS COMPLETELY DRAINED ON A MENTAL AND PHYSICAL LEVEL – ABSOLUTELY BURNT OUT?**

Do you also ask yourself again and again: what can I do to help my work colleague, friend or partner? Don't you stand up and ask other women and men with a lot of work how they are doing? Why don't you try to help?

If you're saying that this is impossible, that you can't just stand up in a larger setting and certainly not in public to help others, I ask you:

## **WHY NOT?**

What are you afraid of? What is holding you back? What makes you hesitate? Is it the fear of being labelled as curious, omniscient, even as ....? Is it the worry that you will be smiled at by others? Or are you worried about the image that everyone has of you and that you want to maintain at all costs? Or - are you just too afraid to open Pandora's box?

## **IMAGINE THE FOLLOWING**

You wake up in the morning and can't stay on your feet because of nausea. The thermometer is at 39° and you are too weak to even go to the bathroom. What do you do? You shake your

sweetheart awake or you reach for your smartphone to get help. You don't think for a second about whether you are conveying the image you want to the outside world, whether it is right and really necessary to consult a doctor. Instead, you do the only right thing in the situation: You listen to what your body is telling you, follow your feelings and give yourself the care and love that your body demands at that moment. You let yourself be taken to the doctor, explain your ailments and get the care, support and companionship that will help you recover.

## WHY DON'T WE TREAT EVERYONE WITH RESPECT, APPRECIATION, CARE AND LOVE!

Why don't we do this with the same self-evidence, the same loving care, the prudence, and the self-reflexivity when it comes to the people around us, as well as the people at work?

Why do we find it so difficult to help them follow their inner compass when it comes to mental health?

Why do we find it so infinitely difficult to show ourselves human and sensitive?

Would you like to learn more about how to do this? Would you like to finally start being good, appreciative and empathetic towards everyone, but don't know how to do it without letting it get too close to you?

Then our Heart Space online workshop is the right place for you! We will discuss how we can be more responsive to the people around us without losing ourselves. Together we will get rid of the obstacles on your way to caring, dissolve your beliefs and give you practical tools to be able to stand up for others or yourself in everyday life, to be clear, focused, and confident in helping others, to cover different needs, to respect and communicate. For more self-confidence, strength, and respect!

#mentalhealth #heavyload #selfcare #selfreflexivity #courage #selfesteem #empathie #work-life-balance