



Step 2 – Filing

Once you've read or listened to Step 2 of my book – you will be ready to embrace Filing.

When I talk about Filing, I mean our physical space as well as our internal space. Our internal space includes our thoughts and feelings. To file (or sort through) our thoughts and feelings is to look at them, consider their value and relevance to our life and to decide what we want to do with them. We may need to heal a wound, let go of an experience or fears and adopt a new mindset about different aspects of our life.

Emotion stands for “energy in motion”! Our emotions are energy, and they move through our body all throughout our day and our life. Having negative emotions trapped in our mind or body over a long time can have a very negative effect on our health and wellbeing. In contrast positive thoughts and emotions have a very positive effect on our health and wellbeing as we produce the corresponding hormones in our body which support our health. Often, we don't even realise that emotions may have been stored in our body for a very long time (from childhood even), and when we start to recognise and process them, we unlock aspects of our personality we may have not appreciated previously.

We also get attached to our physical possessions due to our emotional attachment to things. In this interview with Feng Shui Master Jan Leese, we discuss this and how holding on to things can cause our energy to stagnate.

Watch Now: <http://bit.ly/fengshuiwithJan>

The reality of life is that generally there is someone nearby us with relatively similar experiences and circumstances to our own but it's very easy to get stuck in our own story and feel very alone.

I like to take comfort from the fact that many people share my stresses, worries, pains, trauma etc. and nearby there is someone else JUST LIKE ME! Which is why I decided to turn to stats and facts about the various emotions and experiences I had, to enable me to appreciate many others were similar to me. You too could find comfort in googling your experiences or joining a group to support people just like you. When we find people, “just like us”, it reduces the stigma and we can start to feel less like victims and share strength from others.

Something that can really keep us trapped is a victim mentality. I know it sounds harsh; however, a victim mentality is when we are a victim to our circumstances AND life is happening to us! This is very common because unless we sort out our physical, mental and emotional baggage we may always feel that we don't have control over our life and life is happening to us. This is why I talk about Accountability and taking control of our life. When we decide to be accountable for all aspects of our life it becomes much easier to make changes and become empowered to own our life.



"I'm the only person responsible for ME!"

"True empowerment comes from being accountable for all aspects of your life!"

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Often, I talk with clients who want to keep their trauma and feelings suppressed and believe me, I get it – I was once their too. But since I decided to acknowledge my pain and suffering, feel it, share it, talk about it and understand it I've become much healthier and more connected to myself and people around me.

A quote I love is; "Next our deepest pain, lays our greatest gift."

I feel my gift is helping people but if I did not acknowledge and feel my pain and just tried to suppress it, I could not have unlocked my true potential or my gift of helping others.

Pain is temporary and suffering is optional. Being a victim to our circumstances is to remain trapped in that pain and suffering as opposed to using it for good. To learn from it, grow from it and acknowledge the role it has played in your life.

In order to process my emotions and trauma I did some pretty deep searching of my soul and asked myself some pretty hard questions and then I considered what impact those events had on my life and what type of person I had become. I chose to focus on the positive traits I had developed as a result, as opposed to the mistakes I've made. If I've hurt someone, I need to forgive myself. If someone has hurt me, I need to forgive them.

"To forgive is to set a prisoner free and discover that prisoner was me."

In filing my emotions and my experiences I found some things to be proud of. I am resilient, hard-working, kind, resourceful. I know how to take care of myself. I don't get intimidated too easily and I became very independent from a young age, which means I'm not dependent on others for everything.

If you like to suppress your emotions, they will eventually start eating you from the inside. In contrast emotional eating is when we try to stuff down our emotions with food. In the interview library is an interview with Kim Stevenson and we talk about emotional eating and suppressing our emotions. Take a look at that interview if you've not done so already.



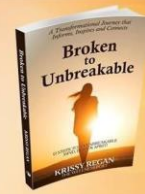
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From a young age we've probably been told things like; Don't sweat the small stuff, don't cry over spilled milk, toughen up, get over it, don't be so emotional.

I'm kind of annoyed at all these statements to be honest because I think they have largely contributed to generations of people who do not process their emotions in a healthy way, thus leading to illness and disease. If we can release our emotions, process them, file them, accept them as part our journey then we will be much healthier individuals and communities.

Filing our Feelings and emotions isn't just a one-off activity – it's a continual process and since you developed a great habit with Step 1 now you can use that information to help you on Step 2 and you can layer these two Steps so that you continue to do Step 1 whilst doing Step 2. Journaling and Filing go hand in hand but they are 2 separate activities. And as I told a client recently unless we do the inner work, the outer work is pointless. Our external environment is a reflection of our internal environment, so clean it up, dust it out, organise it, make sense of it and then you will have a much healthier foundation from which to work from.

Goodluck on your journey and if you need more support with this Step do get in touch with me and I would be delighted to help you File your life in a healthy way.

Broken to Unbreakable

Step 2 Recap

1. Make a list of what sustains you and what drains you and develop a personalised self-care plan.
2. Start the process of decluttering your emotions and your living space.
3. Review statistics relevant to your life and consider the impacts of that on your thoughts and behaviour.
4. Decide what you want to do with all your STUFF:
 - Share it to help others.
 - Shred it and let go.
 - Store it and learn from the experience.
5. Remember there are many people "Just Like Me!".

"Enjoy the peace of nature and declutter your inner world."

- Amit Ray

"To forgive is to set a prisoner free and discover that the prisoner was you."

- Lewis B. Smedes



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