



Healthy Practices to Heal the Hurt

Healing your heart when it's hurt in a relationship requires self-love and care. It's true that time heals wounds, but sometimes we want to speed up the process. Here are 5 fast pick-me-ups to try when you're going through a tough time:

1. MEDITATE

Meditation has been shown to reduce stress, control anxiety, improve sleep and generate kindness, all in as little as 5 minutes a day. You can just sit in silence or download a great guided meditation app, like Total Brain, to get you started.

2. PRACTICE GRATITUDE

Start or end your day listing 3 things - large or small - that you're grateful for. Even when life is tough, you can feel gratitude and other feelings at the same time. Struggling to feel grateful or need some help sticking with it? Commit to exchanging your daily gratitude list with a friend via text.

3. JOURNAL

Journaling can boost your mood, lower depression, and improve communication. Not sure where to start? Get yourself a notebook and pen, set a timer for 5 minutes, and just keep your pen moving without editing yourself.

4. READ UPLIFTING WORDS

Get lost in a good novel or consider exploring the personal development, self-help category. Reading about survival, confidence and courage can be a powerful tool right now.

5. GIVE (OR GET) A HUG

The simple act of hugging can lower your stress level, boost your immune system, decrease depression, and minimize fears. It's also free, easy to do, and makes you feel good. Hugging isn't limited to people - hugging your pets works too!

FORWARDLY is a Marriage Repair and Divorce Wellness Toolkit, offering expert articles, videos, self-care tips, and helpful tools like checklists, worksheets, and budget templates.



SIGN UP AT:
WWW.LIVEFORWARDLY.COM/SOUTHERN-COMPANY
ENTER ACCESS CODE: FORWARD