

A Life Worth Living



health matters

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Facing a new year with the ongoing pandemic is daunting, so deciding how you are going to live it can be a game-changer. In our busyness, we can forget about nourishing our inner body, mind and spirit. My wish for you this year is that you intentionally decide to grow from within, which will have a positive effect on your relationships and overall wellbeing.

Make your “time alone” ... count. Purposefully leave your family and home to walk/hike alone, without distractions. Enter into the outdoors, and start listening to your own breathing. Most importantly, learn to listen to your small inner voice that speaks to you. You say, “what voice?” Be in tune with your body and mind, and you will hear your inner longings stronger and clearer.

This is the time to fine-tune your perception about what’s happening in your life. Out of silence and thoughtfulness, you can resurrect lost dreams, or identify the part of your life that needs changing or renewing this year. You can find answers to the problems that concern you. Silence allows you to be creative and it reduces fatigue. Are you ready to let go of old definitions of yourself and let a new version emerge? Are you living the life someone else had in mind for you, or are you the creator of what you want to be?

Take your “time-alone” to the next level. If you want to up-your-game, find a place of peace and tranquility, where you can be still. Gather all your thoughts and bring them to one place. Consider your brain to be a muscle that has to be trained to do what you want it to do. Most people prefer to close their eyes in a meditative stance. If you’re anything like me, my mind constantly wanders to chores, deadlines, relationships, and anything else. When your mind drifts, gently, without judgment, bring your thoughts back to noticing where your breath is mostly felt. Imagine that with every rise of your ribcage, you are receiving wisdom and healing into your mind, body and spirit. Scan your body, notice tension, and focus on letting it go. There is no such thing as a bad meditation. Even minutes can have a positive effect on your sense of peace.

Notice the direction of your daily thoughts. The default network of your brain takes over when you don’t focus on something in particular. You hardly notice it, however, it may be a good idea to train that part of your brain to think more positively. Whatever you think about will grow, so if you ruminate on negativity, you’ll surely have more of it in life. Your mind is a beautiful tool, and it needs direction. Remember that your thoughts determine how you respond to situations and people. If you focus on impossibilities, that will manifest. If you focus on solutions and potential outcomes, your brain will do exactly that. Closed-mindedness is a friend of pessimism.

You may find that you’re feeling more pain, fear, anger and sadness, rather than contentment, fulfillment and joy. How can that be good for you? Those negative feelings are like highway signs that point the way to change and resolution. If you can’t change your perception of things, and can’t work through the pain and anger alone, then it’s worth finding a professional who can walk you through that inner healing.

Simplify. As you spend time on renewing your “inner-self,” you may realize how full of excesses your life has become, and how attached you are to your material world. Are your possessions defining you? Do you live a life of constant striving? Develop a new awareness of not attaching to external