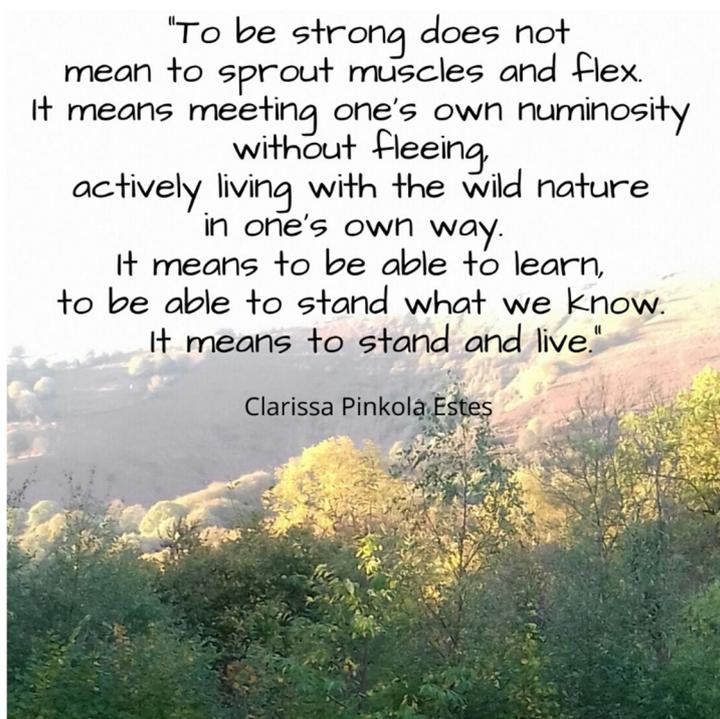


Whatever You're Feeling Right Now, it's OK



When the Coronavirus lockdown started, it initially prompted me to reach out to offer support to anyone who might be suffering anxiety in these strange and unsettling times. Having been in that dark place of uncertainty myself, it's my passion to hold space for others who are going through the same experience.

But then I received 2 pieces of news which knocked me off [balance](#) and I realised that the situation was affecting me more deeply than I had allowed myself to admit.

I therefore took a few days to go within and rest; to face the 'dark and messy' side of my emotions. I'd pushed this aside at first, making other people's needs a priority, but I came to realise that this was actually me slipping into 'helper' mode, as this felt easier than facing my own feelings. However, this is not a sustainable way of being.

** I needed to hold space for myself before I could hold it fully for another.

** I needed to address my own pain before I could be fully present for another to explore theirs.

I've [written about this before](#), and so I 'should'* know better (😊) but these are exceptional times, bringing new and unexpected challenges, so it's easy to get caught unawares.

The silver lining is that it triggered me and pushed old buttons which, having been brought to the forefront of my awareness, I'm better able to explore, and delve into the underlying issues, taking steps to support myself in learning and practicing living by my phrase of the year: [#JustBe](#).

What I would like to share from this experience is this:

- 🌱 Wherever you are right now, and whatever your response to what's going on around you, it's ok!
- 🌱 Our response to a situation is as individual and unique as we are.



- 🌱 Our feelings are not good or bad, right or wrong*. They just **are**
- 🌱 Be gentle with yourself. If you're struggling, take some time out. Rest and give yourself whatever time and space you need.
- 🌱 It's ok to use this 'pause' as a time for self-care. You could try things like:
 - reading a book you've been wanting to read for ages
 - watching uplifting movies / TV programmes
 - cooking from scratch
 - cuddling with your pet(s)
 - spending some time each day in the fresh air – even if this just means opening your window
 - taking time out from the news and media
 - learning a new skill, or going back to an old one
 - doing some Spring cleaning
 - moving your body – walking / yoga / stretching – any gentle exercise to keep you active and shift your energy



shake it out!

Having taken some time out I now feel more grounded and centred again. This means that I feel I have a more solid base from which to create and to *Be*, both for myself and for my practice. I have used this creativity to make some new posts – and even videos, which stretches me right out of my comfort zone! – to share on social media, with the aim of sharing ideas for anyone who is finding this time challenging.

(You can find these posts on [Facebook](#), [Instagram](#) and [LinkedIn](#))

So, don't worry if you seem to be swinging from one emotion to the next at the moment, even to the point of experiencing the whole spectrum in one day! There are so many unanswered questions, so much uncertainty, right now, that feeling like this is perfectly normal.

Don't worry, I'm not going to tell you to 'think positive' (you can see why in this [blog](#)). I'm all for looking for the positives and the opportunities within any challenge, but we also need to be **real** and authentic. Trying to force ourselves into any feeling is not good for our wellbeing. Instead, this is a great time to practice some [self-compassion](#) in order to be able to create a space where we feel safe, and where we can start to be comfortable with our own discomfort.

I know that I've had moments when my heart just feels so heavy. Sometimes I can't put my finger on a specific reason for this, but I've come to trust that that's ok. Somewhere in my being there is a wisdom that *knows*, and that can be enough in the moment. Perhaps in time I'll be able to put the feelings into words, perhaps not, but if I can take the time to sit with how I'm feeling, and stay open, then my body knows how to heal itself and will naturally go into a state of rest and repair when I can give it the time and space to do this.

It's also worth noting that any feelings you're experiencing at this time might not be (entirely) your own. Coronavirus is a world-wide pandemic, affecting people in every corner of the globe, and therefore having an impact on the mass consciousness. (If you're interested in this concept, take a look at what Rupert Sheldrake has to say about [morphic fields](#).) Whether or not we're aware of this, it has an effect on how we feel. People have varying levels of sensitivity and awareness, but I'm sure you have been able to pick up on the 'atmosphere' in a room when you walk in – that's a result of the energy in the room. So,

be forgiving towards yourself if your emotions seem to be ‘all over the place’ at the moment – it could, at least in part, be due to the energetic atmosphere that we find ourselves in.

These feelings can become overwhelming and between this and the current ‘lockdown’ restrictions, we can feel, metaphorically, like we’re ‘drowning’ or ‘struggling to breathe’. If this resonates for you, I invite you to try some [breathing exercises](#), or to use this [tapping technique](#) to help yourself feel more comfortable.

If you find yourself feeling lost, directionless or overcome with a sense of pointlessness, again this is a normal reaction to the uncertainty of the situation, however it’s also a great opportunity. By this I mean that it’s a chance to tune in and see what information these feelings might hold for you; to reconnect with yourself and to navigate from your own inner compass. If you’d like to know more about how to do this, I recommend attending my workshop on how to *Feel Your Way from Stress into Flow*. These sessions are currently being run online and you can check out the dates on [Eventbrite](#) or the [Events](#) tab of my Facebook page, or contact me to book a date and time that work for you.

If you sense that the feelings are coming from your mind, they could be due to the expectations of others rather than your inner self. In this case you could review your reasons for doing what you do – your ‘Why’ – to reconnect with these and see if they still resonate for you. This will help you to feel grounded, centred and aligned once more.

If you sense that the feelings are coming from your heart, or spirit, then look again at your values and see where you could make choices and take actions that are more in line with these. Doing this will enable you to regain your sense of Who You Really Are, and of purpose and direction.

You might also be finding yourself unable to focus, or that you’re slipping into habits that you wouldn’t normally engage in, or that you thought you’d left behind, such as smoking or snacking on sugary foods. Again, these are normal behaviours at stressful times in our lives. Please don’t beat yourself up. Just notice that it’s happening, explore the feeling or emotion behind the behaviour, and the need underlying the feeling.

For example, is it worry, boredom or feeling a lack of connection with others? How might you be able to address this in a way that supports yourself? This could be by moving your body to shift your energy; calling a friend for a chat or doing something fun to lift your mood.

Or are you feeling adrift and needing some [grounding](#)?



So, my message is that whatever you're feeling, it's ok. The situation we find ourselves in at the moment is far from normal and so if you feel that you've lost your sense of balance, that's perfectly natural. But there are things you can do to support yourself, you don't have to do it alone, and it WILL pass. We WILL get through this and come out the other side.

In light of that, it's good to look at the opportunities that this *'pause'* is offering us:

- 🌱 the chance to reconnect with ourselves and with what's important to us
- 🌱 the chance to reflect and see if there are things we'd like to change about how we were living before, eg to spend more time with those we love and doing the things we enjoy
- 🌱 the chance to review our priorities

I've come across 2 very good questions to ask ourselves:

1. What will I have learnt about myself when this is all over?
2. How can I use this time wisely so that I don't look back with regrets when it's all over? (This doesn't have to be about doing things, it could just be about *being* – it's about exploring what is right for *you*.)

We are the first to have ever been given this opportunity: to stop, step out of all our busy-ness, and to look back - and forward – with such a possibility of objectivity. How might we use this to create a better world for ourselves, and for us all?

If you have any questions or comments on what I've shared here, or any wellbeing questions generally, please feel free to contact me.

Also, if you'd just like to connect for a chat – to hear a friendly voice or see a friendly face – then I'm very happy to share a 'virtual coffee' 😊

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*Another important form of self-care is to pay attention to our self-talk. We are often our own worst critic and regularly speak to ourselves in ways that are not supportive. This includes using words like 'but', 'either ... or' 'should', 'must', 'need to' and 'ought to'. They send us a message of restriction, expectation and lack. Instead we can look at ways to use more uplifting words such as 'and', 'choose to' and 'love to'.