

Four reasons why you
(and those around you) are



OKAY

Katie Hill
www.katiehill.co.uk

It can be so easy to live in your head.

By this, I mean living in a world that is made up of your own thoughts. It's something we all do, because the world we perceive is made up of our thoughts about it. But, it can be easy to get lost in thoughts, Especially the repetitive ones that make up around 90% of the thoughts we have every day. The worries, the thoughts about other people, the thoughts about the past, the thoughts about the future.

As parents, especially, we can feel as if life is going at 100mph and we never get any let up from what 'needs' to be done. We are constantly thinking about everyone else, with barely a moment to ourselves.

It can be exhausting. It can feel stressful. It can bring on anxiety. We can start to see negative impacts on our body, our health, the way we treat ourselves and others. We can feel as if there is no way out of the constant cycle.

But, I know that you are absolutely okay. I know that you have everything within you to do what you need to do, and much more besides. Here are four ways that you know it too...

1. You are breathing

You are breathing, which means you are alive and you are human.

This might seem so simple, but noticing your breathing is one of the most grounding things you can do.

Just focusing for a moment on the breath that is sustaining you. There's nothing right or wrong with your breath.

It's just happening, automatically.

Enabling the oxygen to flow in to your body, and the blood to be transported around your body to wherever it is most needed. You do this without thinking.

So, acknowledging it can be incredibly refreshing. It can bring you back to what is actually happening, right now. All the DOing is added extras.

Right now, you are just BEing.

2. You are taking action

Everything you do involves you taking action. Clicking on the link to read this involved you taking action. Typing the passcode into your phone - action. Walking down the stairs - action. Making breakfast for your kids - action. Action doesn't need to be a massive big event. Action is happening all the time. And you're doing it.

You are okay because, no matter how you feel or what you're thinking at any given time, you're still taking some form of action.

There is no better or worse type of action. Action is exactly as it is in the moment. Sometimes, you barely even think about it. Like driving. You just do it on auto-pilot. And our kids are the same. In fact, they often give it even less thought. They just do.

Notice yourself taking action. Without judgment. Just notice how you move, how you engage in the world of form around you. Little by little. Step by step.

3. You are thinking

Right now. See. Notice those thoughts? I always think it's so funny to ask people 'what are you thinking, right now?' and for them to reply 'nothing' or 'oh, I've forgotten!'

Not only are you thinking, as a fully functioning human being, but your thoughts are constantly changing.

Yes, there is some repetition, but your thoughts are constantly in flow. Which is why it's so easy to forget what you were thinking two seconds ago. Or why you might 'lose your train of thought'. Some of those thoughts are like supersonic jets flying through your head!.

So, even when you feel as if you're stuck on something, or when you feel that you are churning the same story over and over in your head, your thoughts are never stuck. There is no permanent thought pattern. There is no mindset. Which means that, whatever you're thinking right now, could be completely different in a moment's time.

Just notice them. Just let them go. Open up for more to arrive, chugging into the platform in your mind.

4. You are feeling emotions

Emotions – the shadows of thoughts. Except no one thought is going to translate to exactly the same emotion with every person.

But, we all feel emotions. You are feeling emotions. And we all label them.

As children, we start off with happy and sad – the good and bad emotions. And from there, we develop the vocabulary to explain how we're feeling. Except, sometimes, words just don't cut it. Sometimes, you just feel. Sometimes, it can feel overwhelming.

Because we don't just label the emotions, but we categorise them into 'good' and 'bad', so we strive for more 'good' emotions over 'bad' emotions.

Or we encourage others to 'feel better' or 'get well' or 'cheer up'. We believe that the 'good' emotions are superior, when actually, all the emotions are equal.

The thing is though, we wouldn't be human if we didn't experience the full spectrum of emotions. We wouldn't be living life in all its glory if we didn't feel happy and sad, and all of the myriad of possibilities in between.

We feel because we are human. And, no matter WHAT you or those around you are feeling, you're all still okay.

Uncover Your Joy Default

If you'd like to find out more about how you can work with Katie, visit www.katiehill.co.uk/coaching, or drop me an email hello@katiehill.co.uk

Come and join me online:

www.facebook.com/KatieHillJoyDefault

www.instagram.com/Katie_Hill_JoyDefault

www.youtube.com/channel/UCPt3MDbVMX-ac4AHBt4c1CQ

www.katiehill.co.uk

About Katie

Katie has been a teacher for the past eight years, and absolutely LOVES working with young people and watching as they develop their own beliefs and unique ways of perceiving the world. She is also a Contentment Coach, working with parents and children to uncover their Joy Default, using her own unique blend of tools from reiki, mindfulness and meditation. Katie has two beautiful children and a fantastic husband. She lives in Hertfordshire.