

# 3 'Workouts' for Your Emotional Well-being

By Carolina Herrera

Invest in your emotional well-being and enjoy the returns on your investment.

Every year we spend hundreds of dollars on gym memberships, personal trainers and fitness bootcamps. We stress over our looks, yo-yo diet and obsess about being the perfect version of ourselves (on the outside). Yet, how many of us do as much to address our emotional well-being?

In March 2018, the World Health Organisation released a fact sheet on depression which stated: "Globally, more than 300 million people of all ages suffer from depression. Depression is the leading cause of disability worldwide and is a major contributor to the overall global burden of disease. And more women are affected by depression than men." With this in mind, I believe it's time we start looking after our emotional health as much as we do our physical bodies. We

owe it to ourselves, and as mothers, we owe it to our children.

Here are three practices that have really moved the dial for me, and I hope will make a difference for you too.

## 1. Face Your Fears

Fear, like other emotions, is helpful information. Acknowledge it and be grateful, but don't let it run the show (all the time). Instead, consider this: Our 'reptilian brain' (as named by Dr. Paul Maclean) - the part of our brain responsible for survival - will make us fear the unknown because it is trying to keep us safe. On a day to day basis, the reptilian brain gets scared and stops us from trying new things and taking risks. This is why change is often so hard.

So, unless you are in the face of true danger, why not thank your fear for showing up and do as author Elizabeth Gilbert does, talk to fear and say:

"I understand that you are Fear, and that your job is to be afraid...I will never ask you to go away or to be silent because you have a right to speak your own voice...You may join us on this journey — and I know that you will — but you do not get to choose the direction in which we will walk, and you will not stop me and Creativity from making plans and decisions together."

Now, comfortably walking alongside your fear, pick one thing you've always wanted to do, something that is dear to your heart, but that you've been too scared to try and give it a go. Take baby

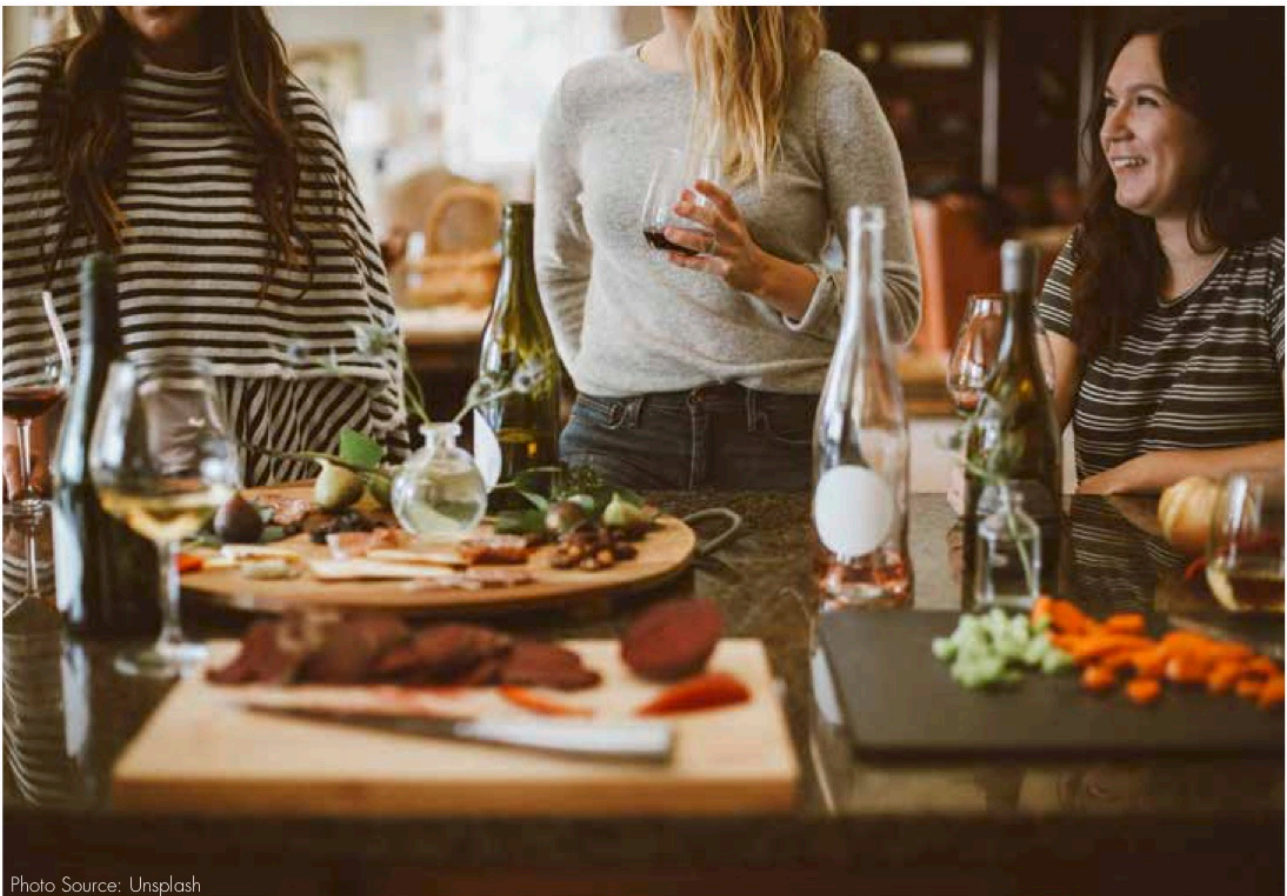


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