



The Forecaster Newsletter

Far West Family Services | Winter 2021
Your Employee Assistance Program

Letting Go

The last year will go down in the history books as a very unusual and challenging year. How will it go down for you? Did you have a great year? Or do you have some lurking, unresolved anger, grief, guilt, or frustration? Are you still ruminating over issues about the pandemic and shutdown? The election? Racism?

These emotions and traumas can get stuck in the body and the psyche. They can take root in the belly, the jaw, the throat, or the back, and can manifest as pain, constriction, and illness.

Bless and Release

This is a simple yet powerful tool for releasing these bad feelings from the past year—it's called Bless and Release. There is nothing religious about it and if you don't like the word bless, you can use love, or thank, or any word that helps you connect with the feelings in your body.

Take some quiet time to yourself. Take a few relaxed breaths and become aware of the



sensations in your body. Open up your mind to the negative thoughts and experiences you are holding on to. For example: you may be frustrated with online teaching. Feel where that thought lands in your body. Is there constriction or tightness? Heaviness? Pain?

When you are ready, say something like, "Bless my frustration around online teaching." If anger also comes up, bless the anger. If sadness comes up, bless that, too. Continue until you've named all the feelings you associate with online teaching.

Then say, "I release you," or, "I release the frustration, anger, and sadness." Really let that sink in until you feel a release in your body. Feeling compassion for yourself triggers the mind's healing powers and serves to diminish the pain around these feelings.

Then go on to the next negative feeling that comes up. Bless and release that emotion and continue until you feel clean and shiny inside like a newly scrubbed bathtub. There is a lightness and a freedom about letting go.

You can use the same process every day, all day long. Did that Zoom meeting refuse to launch? Is your Internet down? **Bless and Release.** Have your kids left their coats, shoes and games all over the family room again? **Bless and Release.** Has someone attacked you for your political views? **Bless and Release.**

The flip side . . . is gratitude.

"I release the past and feel gratitude for the possibilities of the coming months.

