

What if the light was easier than the darkness?

You've probably heard that you use more muscles to frown than to smile, although that isn't actually true. We use around 12 muscles to smile, and as little as 6 to frown. My takeaway from this is that smiling is high energy and requires action, whereas frowning is low energy and somewhat passive.

Psychologists say there is actually an addiction to the sadness and darkness because this is what is known and comfortable. Oftentimes, we carry trauma from our childhood, as well as guilt, regret, and shame.

Even with the desire to change, the amygdala doesn't like the associated risk and it tries to find evidence to support our misery....but knowing this means it's time to tackle it.

While there are a lot of circumstances that 100% warrant a trip to the doctor, sometimes the darkness is a funk that we can decide to dismiss. We can often choose to bring in the good and start to see the glass as half full by conscious choice.

So how do we banish the darkness?

1. Check in with yourself. How are you really feeling? Why do you feel that way? See if you can figure out the reason why.
2. Feel the feels - write about them. We all have a jumble inside our heads and writing helps to untangle it.
3. Smile - a smile releases the feel good hormones serotonin and dopamine and if you can grab a hug as well, you're surging with oxytocin!
4. Love your body - speak kindly to it, move out of gratitude (be thankful that you have the ability to use your arms and legs) and feed your body the food that it needs.
5. Help others - feeling needed and purposeful flicks the switch.
6. Ask yourself - what if I decide its a good day? Focus on the things you can control.
7. Hang out with bright and shiny people - people who love and support you!

Remember, a Wise Women straightens another woman's crown without telling the world it was crooked. When you turn on your light, you illuminate the people around you too.