

Emotional Hangovers and the way to Great Relationships

Reconnect with yourself after the festive fun so that you can create ever more beautiful relationships.

Yesterday I had my festive season emotional hangover. I no longer drink more than a couple of sips of alcohol, but the symptoms of my emotional hangover are very similar to what I remember from alcohol hangovers, ie: feeling lethargic, stuffy headed and a general despondency.

The difference for me nowadays, where the hangover is emotional, is that I am far more aware of my feelings moment to moment and respond to my feelings in the best way that I can in each moment.

This resulted in a rather relaxing and, eventually, productive day. I didn't plan to do anything productive, as my feelings of lethargy forced me to slow down. When I trust my feelings I notice how the day unfolds smoothly, even when my feelings are not all positive. For example I was meant to run some errands and meet up with friends but both got rearranged before I could even think about it and as a result the day was free with no obligations. A great solution for my emotional hangover.

So instead of rushing around in the morning as I had planned, I sat and played with my 2 year old and then we had a gentle walk along the beach in the sunshine. All the Christmas and new year holiday makers had disappeared and older children were back at school so it was very peaceful.

Whilst my little one napped I caught up on some bills and then took a nap myself.

Then we were both ready to explore more of his Christmas presents. Another difference with my emotional hangover is that instead of feeling guilty I was grateful that me and little one were chilling out at home. I felt that for now it was best for both of us to be snuggled up at home where it was warm and comfortable. After all of the festivities, food and fun it was the first day for 2 weeks with just mummy and toddler at home. It was a lovely reconnection time for us.

By bedtime I could feel the remnants of my stuffy head and body, but I could also feel the start of some fresh air and light resonating around my mind and body.

'Keep the smile, Leave the tear, Hold the laugh, Leave the pain, Think of Joy, Forget the fear, Be joyous, cause its a New Year' Lance Armstrong

So by connecting with myself by relaxing and letting myself be guided by my emotions was the key to being able to connect with the world around me. Once I had gone inside myself and been gentle and reflective in the morning, my lunchtime walk resulted in 4 conversations with local people, each one being engaged with a spark of light between us; helping us all emerge into 2017 with positivity.

As always it is that connection with ourselves that yields the path to all the relationships in our outer world, from romantic relationships and friendships, to the relationship with our careers and material objects. Always connect with yourself first. You are the most important person in your inner and outer world. Happy, healthy, wealthy and wise 2017 to everyone!