

HEALING CONVERSATIONS

hope | wholeness | purpose

First Aid

Do you have a first aid kit or drawer in your home? What's inside it? I am going to guess that you have plasters and bandages, disinfectant, painkillers, rehydration sachets, medication for nausea, cramps and itchy eyes.

A first aid kit for a medical issue is a necessary quick fix to soothe a wound. So what about your emotional wounds?

Emotional First Aid

What would you include in your emotional first aid kit?

What quick fixes can you have at your disposal for when your emotions are overwhelming?

Here are some options as you consider your own kit - always having a good book on hand if you enjoy reading, meditation on scripture, a creative skill that you are learning and developing, long walks or another type of exercise that you enjoy, contact with a confidant or support group.

Emotional first aid is mainly for lowering anxiety and then engaging a deeper exploration of your challenges.



Being Anchored

*When you have an anchor for your soul,
you don't need to outrun the storm...*

I once treated the captain of a giant naval vessel. He explained to me that there was a difference between the ship's anchor and its anchor chain. The anchor is what hooks the vessel into the sea bed but it was the weight of the anchor chain that held the ship in a sturdy position.

I recall that we then had deep conversations about the weakest links in his life chain. This became a core metaphor for his healing journey as we unpacked what he required in his emotional storm.

Anchoring is something we all need to consider as no one is immune from calamity and crisis. We need macro and micro actions as well as mindset changes to secure ourselves on a daily basis.

Today reflect on how you could be anchored in spirit, soul and body as you navigate your journey of healing.





An Anchor for your soul

Hebrews 6:19 tells us that : ' We have this hope as an anchor for the soul, firm and secure.

Healing your hurt is a soul experience. What is the soul? It's your emotions, your feelings, your thought life, your attitudes, your will and your decision making process.

This verse in Hebrews speaks to the macro landscape of your being- by which your faith in a living God becomes your confidence through the worst of your life storms.

Your soul needs anchoring in a spiritual harbour which is safe, secure and protected.

This anchoring is also a mindset that prevents you from being tossed to and fro by every life crisis and catastrophic event. It's more than managing your anxiety- it's a firm assurance that you are stable and moored.

- What anchors your life?
- What do you need to build spiritually, emotionally and physically to ground yourself even further?

Book Journey: Pebble Stones

The art and craft of psychotherapy relies on asking meaningful healing questions. Every patient has a key question that frustrates, annoys and won't go away. It's the pebble in the shoe that wearies and slows the traveller.

This book is a collection of some of these questions asked by my patients over the many years. It will allow you to answer some of your own hard questions as you continue your healing journey. Explore and reflect on the questions in this healing guide.

Available FREE on my website: www.ranisamuel.co.za

