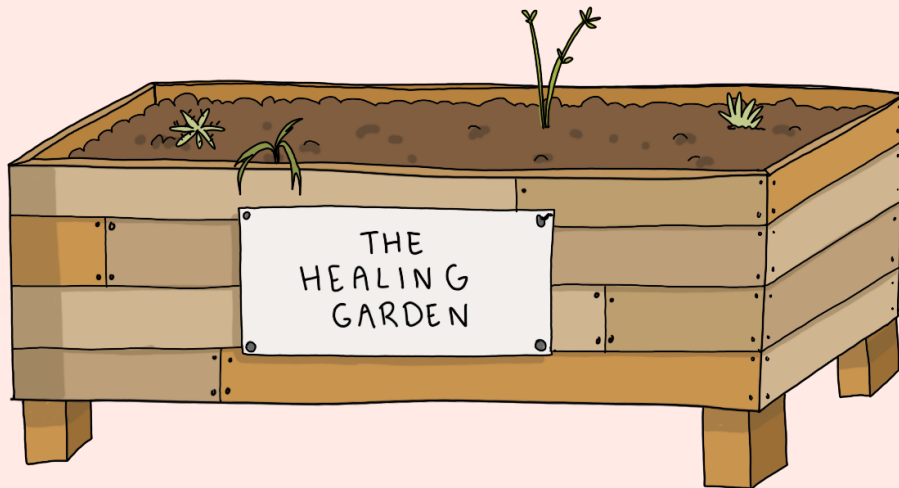


Your healing journey and looking after your mental health is a little bit like planting a garden.



You might look at this patch of soil at first and wonder where on earth to start. You might question how this could ever be beautiful and when you look all you see are the weeds.

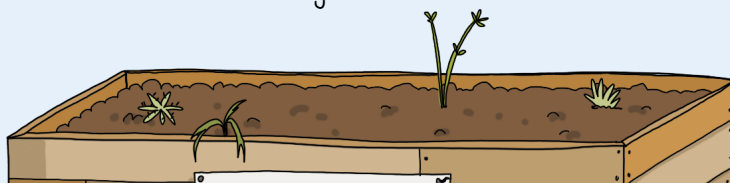
The work of healing, like the work of tending a garden, is all about the weeds...

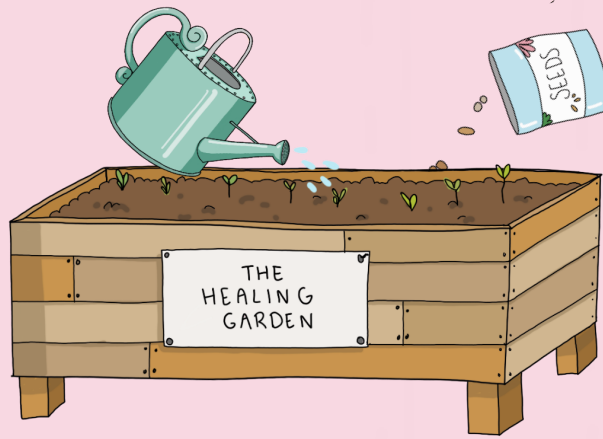


...and the seeds.

The weeds are the tricky bits; the self-doubt, the limiting beliefs, the self-sabotage, the worry, the limitations.

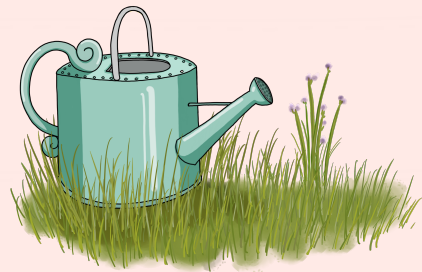
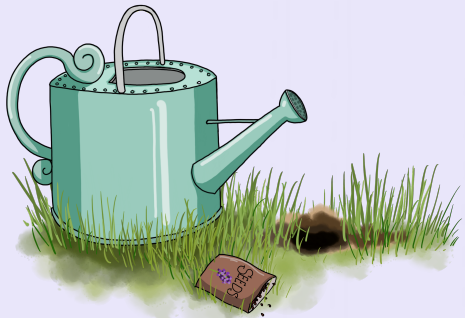
Some of them are easily dealt with and others are much more deeply rooted. Part of the journey is in dealing with the weeds.





The other part is planting seeds; the new thought patterns, the healthy habits, the commitment to self compassion. You plant new ideas and new habits and you water those with your attention and time.

Every day you take small actions, tending to your garden. And that requires faith, because it first it's hard work and it seems like nothing is happening.



But then, one day, that little seeds sprouts. You have a win, you notice some small changes, a promise of what is possible and what is to come. You keep watering, you keep focusing on the seeds, you keep dealing with those weeds.

Then, before you know it, you have this beautiful, wild garden full of life.



And yes, there will always be weeds to pull; that's all part of life. And yes, there will be seasons with things aren't so beautiful - Times where it's tricky, you turn inwards and your garden needs more care but it's all worth it to see the flowers bloom.