

Creating Healing Environments

Helping ourselves and others through difficult times

We are all familiar with the idea of “comfort” foods, having a drink to relax, exercise to unwind and de-stress. We seek out quiet places, beautiful nature locations, soft music, a close companion. Sometimes we actually engage in these activities and sometimes we just fantasize about them. Either way they create inside us a moment of calm, serenity, peace which allows us to move forward and cope with the challenges we are facing.

We call these calming and soothing activities and moments **Healing Environments**.

Healing Environments have some common elements. Those include:

- They calm us physically, mentally, emotionally and spiritually
- They help us create new perspectives about the situation with which we are coping.
- They provide us with renewed energy to tackle challenging tasks
- They help us problem solve situations which seemed unsolvable
- They bring us a sense of peace and wellbeing even in the face of conflicts

How do we create these healing environments for ourselves and for others?

First, we need to be aware of our need for a “Time out” and give ourselves permission to take the time to renew ourselves. So often we say we have “no time” for a break but in reality if we do not take breaks we cannot effectively cope with the challenges we face.

Second, we need to become familiar with the elements which heal us and create environments for ourselves which incorporate those elements. Each person’s “Healing environment” will be different and unique to them.

Third, we need to respect our needs and the needs of others. What is healing for us may not be healing for someone else. There are no right and wrong ways to create a healing environment as long as it is not harmful to oneself or others.

Fourth, we must develop realistic expectations for ourselves and others. Healing environments by themselves will not change the challenges we are facing nor “fix” the situation we are enduring. They are a tool to help us as we cope with and process the journey we are on.

Fifth, healing environments are not necessarily an external place but are created and carried inside ourselves.

So find your healing elements; music, nature, exercise, companionship, inspirational readings, comfort foods, favorite activities , special memories and create your healing environments!

