

Homebound Healing In Troubled Times

In these challenging times, where a global pandemic has confined millions of people to their homes, finding solace and healing within the boundaries of our own living spaces has become more important than ever before. Being homebound doesn't necessarily mean being trapped; it can be an opportunity to embark on a journey of self-discovery and introspection, leading to a healing process that can rejuvenate our minds, bodies, and souls.

Finding Inner Peace

In the hustle and bustle of our pre-pandemic lives, we often neglected the importance of finding inner peace. Our fast-paced lifestyles left us little time for self-reflection and self-care. However, being homebound has forced us to slow down, giving us a chance to connect with our inner selves and prioritize our mental and emotional well-being.

Taking up activities such as meditation, yoga, or journaling can help us find that inner peace we've been longing for. Allocating a designated space within our homes for these practices can enhance the experience and create a sense of serenity. Even a few minutes of daily dedicated practice can bring about a noticeable shift in our mental state, recharging our energy and allowing us to navigate troubled times with a calm and focused mind.

Homebound Healing in Troubled Times

by Lauren Braddock Havey (Kindle Edition)

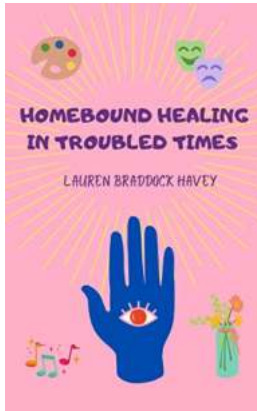
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Embracing Creativity and Expression

When the walls of our homes start to feel overwhelming, it's important to engage in activities that unleash our creativity and allow us to express ourselves freely. Whether it's painting, writing, playing a musical instrument, or even experimenting with new recipes in the kitchen, creativity has the power to heal and nourish our souls.

With the vast resources available online, learning new skills or enhancing existing ones has become more accessible than ever. This is the perfect time to take those online art classes you've always wanted to enroll in or finally start writing that novel you've been putting off. Engaging in creative pursuits not only helps relieve stress but also provides a sense of accomplishment and fulfillment, contributing to our overall healing process.

Building Stronger Connections

Although physically isolated, being homebound doesn't mean we have to be socially disconnected. Technology has bridged the gap, allowing us to stay connected with family, friends, and loved ones virtually. Strengthening our

relationships during these troubled times can provide immense emotional support and contribute to our healing process.

Making an effort to reach out to those we care about, scheduling virtual hangouts or game nights, and engaging in meaningful conversations can help us maintain a sense of belonging and overcome the feelings of loneliness that may arise during extended periods of being homebound. Human connection has always been an essential aspect of healing, and while our current circumstances may keep us physically apart, our emotional bonds can remain intact.

Holistic Self-Care

Homebound healing encompasses not only the mental and emotional aspects but also the physical. Taking care of our bodies through regular exercise, maintaining a balanced diet, and getting sufficient rest is crucial for our overall well-being. Being homebound actually offers us the opportunity to dedicate more time to self-care practices.

Engaging in at-home workouts, following online fitness classes, or exploring new forms of exercises such as yoga or dance can help us stay active and keep both our bodies and minds healthy. Additionally, cooking nutritious meals at home and prioritizing quality sleep can further enhance our healing process, promoting a stronger immune system and a higher level of energy throughout the day.

Despite the challenges and uncertainties that come with being homebound during troubled times, there is an opportunity for healing and growth. By focusing on our inner peace, embracing creativity, building stronger connections, and practicing holistic self-care, we can create a positive and transformative experience within the confines of our own homes. Ultimately, it is during these unprecedented times

that we can discover the strength and resilience within us and come out stronger on the other side.



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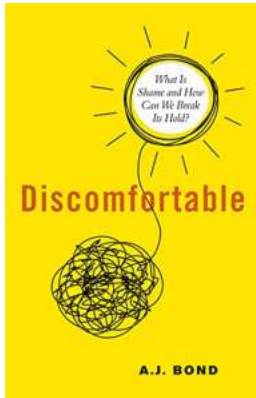
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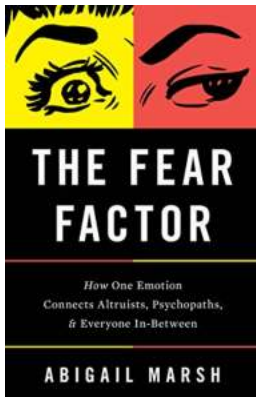


Do you need a ticket for a peace train to help transport you through dark days? Though you may feel isolated, you are not alone! Author writer/performer Lauren Braddock Havey offers tips and tricks for general well-being that she has cherry-picked from her vast experiences and training in the arts, dance, music, drama, art and animal therapies as well as traditional and alternative therapies. A child of D-I-V-O-R-C-E (her father co-wrote the classic Tammy Wynette hit) and warrior "PANDAS" mom who has ridden out storms of her own, Lauren enjoys helping others find their happy place.



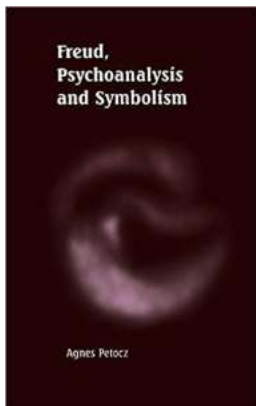
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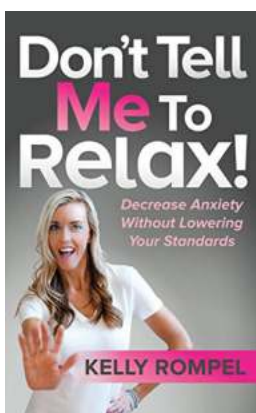
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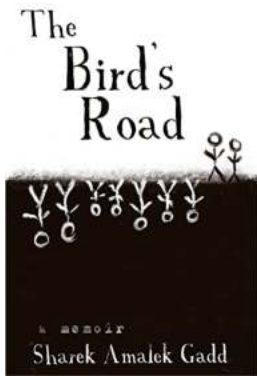
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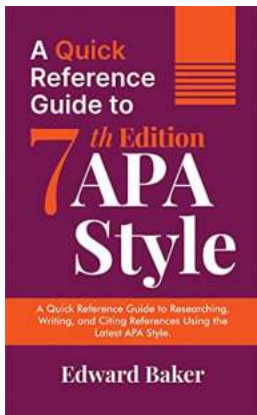
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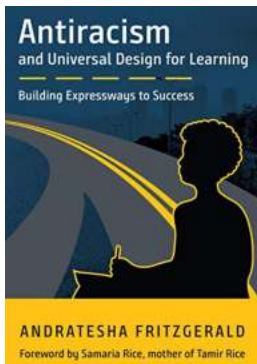
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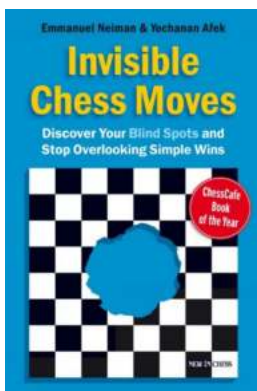
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