



KIRSTEN BRIDGE

Successful women with big hearts seem to be fine for awhile and then they start to crave connection with something more again. Some of these women may notice that they are getting anxious or mildly depressed about life. If this is you, or someone you know, it's okay to have a lot going on and still want more. This is normal for so many women. There are ways to figure out how to get "more". You could work with me, join a women's circle, or see here for some ideas.

Stop pushing yourself throughout the day. Society tells you to keep going and doesn't place value on resting and restoring.

If you are an achiever, you likely work at a quick pace. Build in time to listen to your heart and balance your life with some of your heart's wisdom.

Do this:

Close your eyes. Place your hand on your heart= offer true affection to yourself. Then, ask, "Heart, what do you want to tell me right now? If you knew, what would you tell me?"

Trust the images or whispers you hear when you ask your heart what she wants to say right now. Extend kindness to your heart through your hand. Build a rhythm in your life that dances at the tempo of your mind *with* your heart.

Write a letter to your mind. Thank your mind for doing it's job: thinking. Write down all the thoughts that you hear (especially the ones that repeat). Let your mind know you that hear her so that she can rest for a little bit. She is hard wired to protect you from danger. Thank her for doing a good job. And then, write about what really matters to you and your heart. Beyond being protected from danger is a life that makes your heart sing. Name what brings you joy. Be creative and fluid in your writing. Notice the stories you tell yourself that are helpful and which ones are unhelpful. Offer yourself some compassion.

Feeling a bit tired, moody or somber? Take 12-30 minutes alone to listen to some slow music like this <https://insighttimer.com/sonicyogi/guided-meditations/heart-chakra-tibetan-singing-bowls> or something that suits your soul more.

Before you hit play: take a long, slow inhale and extended exhale.

Silently speak an affirmation with the encouraging tone of a Great Mother, an ancient, timeless mother that deeply cares for your wellbeing.

Something like: "This is tired. Or this is heavy sadness. It's okay. My body and mind restore and digest this experience with ease."

Then take a nap/rest to to the length of the music.



KIRSTEN BRIDGE

There is power in acts of compassion, curiosity and love for yourself. Doing any of these will help you to uncover what you may be craving so that you can feel more satisfied with all you do. An accountability buddy, coach or joining a group deepens your ability to feel connected to a sense of flow and fulfillment, as magic can happen when two or more people come together intentionally.

I can help to interpret your next step. If you would like to experience a private, complimentary coaching session or know more about my small women's circle -group coaching, email me at kirsten@kirstenbridge.com or join my mailing list at kirstenbridge.com.

A shared meal with friends. Set the table with decorations that match your intention for the meal: pleasure, friendship, or celebration. Open the meal with a quote or prayer that speaks to you. Invite others to bring their own quote. Go around the table and state something that feels at your edge and speak from your heart. Choose words that open the door to empathy, imperfection, strength and courage. For instance, invite each woman to say something most people don't know about her.
Energy flows where attention goes.
Craft experiences that give attention to what you intend to expand in your life, such as connection, laughter or calm.

Many women I work with are surprised at how much value they get from being committed to a group of women to grow. Cultivate a community for your soul to learn how to step into the vision of who you are. Or consider learning more about [Radiant Women](#), a year long program that takes the time to build sustainable change with other aspiring women. And, finally....
Choose a guided meditation here: <https://kirstenbridge.com/click-here-for-your-complimentary-guided-meditation/> or use the insight timer app, calm app or headspace app.

Walk your mind through an inner portal to the healing power of your imagination. Use music or silent space to drop into a relaxed state.
Recall a time when you were young-- the first image of yourself is fine. With your eyes closed and in a deeply relaxed state, take time to talk with that younger you. Thank her for being strong and doing her best. If she will let you, hug her. Let her know that you are from her future and have come to encourage her. Hold the child you were (in your imagination). Breathe.
*We all suffered from some trauma in our past. Rather than going back to the trauma and risk being triggered again, simply let yourself know that you have your own back.