



Healing is not always about moving forward. Sometimes it is about slowly releasing what you thought your life would look like, what you hoped would stay and what you wish had been different. Letting go does not mean something did not matter. It means you are allowing yourself to stop carrying it in the same way.

This guide offers gentle practices to help you process what you are holding onto, create space within yourself and begin to move forward with more clarity and peace. Letting go is not something that happens all at once. It happens in layers, in moments and often in ways you do not even notice at first.

Use these tools as small anchors on days when holding on feels heavier than you expected.

## SELF-CARE & EMOTIONAL REGULATION

Letting go begins with creating emotional safety within yourself. When your nervous system feels supported, it becomes easier to sit with your emotions without feeling overwhelmed by them.

### Ideas to try:

- Give yourself permission to feel without needing to fix or rush the process
- Create quiet moments in your day where you can simply breathe and be
- Limit exposure to people or situations that intensify emotional overwhelm
- Offer yourself rest when your body feels emotionally heavy

## DAILY JOURNALING

Journaling can help you gently process what you are holding onto and begin to release it over time.

### Prompt ideas:

- What am I still holding onto that feels heavy
- What did I hope would turn out differently
- What would letting go make space for in my life
- What am I afraid will happen if I fully let go
- What does peace look like for me right now

- What am I ready to release, even just a little

## MOVEMENT AS MEDICINE

Gentle movement can help release emotional tension stored in your body and create space for new energy.

### **Suggestions:**

- Slow walks while allowing your thoughts to come and go
- Gentle stretching to release tension in your body
- Deep breathing while placing your hand on your chest
- Any slow, supportive movement that helps you feel present

## GUIDED GROUNDING PRACTICE

When emotions feel overwhelming, grounding can help bring you back into the present moment.

### **Try this simple grounding practice:**

- Place both feet on the floor
- Take slow, steady breaths
- Notice three things you can see around you
- Gently remind yourself that you are safe in this moment

You are allowed to move slowly. Letting go does not need to be rushed.

## REBUILDING A SENSE OF SAFETY

After emotional pain, your body may stay in a heightened state. Letting go includes gently rebuilding a sense of internal safety.

### **Ways to support your sense of safety:**

- Create a calm space where you can sit with your thoughts without distraction
- Allow yourself to step away from emotionally triggering situations
- Practice pausing when your emotions feel overwhelming
- Remind yourself that you are allowed to take things one step at a time

Safety is something you can gently rebuild within yourself.

## BOUNDARIES THAT SUPPORT STABILITY

Letting go often requires creating boundaries that protect your emotional space.

### **Examples of supportive boundaries:**

- Limiting conversations that pull you back into emotional pain
- Giving yourself space from situations that reopen wounds
- Saying no when something feels emotionally draining

- Choosing peace over needing closure from others

Boundaries support your ability to move forward at your own pace.

## RECONNECTING WITH YOUR BODY

When you are holding onto emotional pain, it is easy to disconnect from your body and live mostly in your thoughts. Reconnecting with your body helps bring you back into the present and reminds you that you are safe right now.

### Ways to gently reconnect with your body:

- Notice where your body feels tense and soften your muscles when you can
- Place your feet flat on the floor and feel the support beneath you
- Take slow, steady breaths and notice the rise and fall of your chest
- Gently move or stretch in ways that feel supportive
- Pay attention to physical cues like fatigue or the need for rest

Your body holds your experiences. Listening to it is part of letting go and moving forward.

## FIND YOUR PEOPLE

Letting go can feel lonely, especially when others do not fully understand what you are processing.

### Seek out people who:

- Offer calm, supportive presence
- Respect your healing process without rushing you
- Allow you to feel what you feel without judgment
- Support your growth without pulling you backward

Connection can help you feel less alone as you move through this process.

## SUMMARY

Healing through letting go is not about forgetting or pretending something did not matter. It is about releasing the weight of what you have been carrying so you can begin to feel lighter over time. You do not need to let go all at once. Even small moments of release are enough.

Let this season be about creating space for yourself. You are allowed to move gently.

— Jenny