**6 Things You Can Do to Heal Your Inner Self**

Life can take a real toll on our emotions. When you go through a crisis, emotional scars are often left behind. If left unhealed, these scars can affect your life in a number of negative ways.

If you’re ready to start living your best life, free from stress and trauma, it’s time to start healing your inner self. Below, you’ll discover 6 things you can do to heal your inner self and reclaim your life.

**1. Pay attention to your body**

You know your body better than anybody else. Therefore, if you want to start feeling better, it’s important to pay attention to your body. By listening to how it is feeling, you’ll be able to identify what you need to do each day to make you feel better.

Start writing down what you do and how it makes you feel. This will give you the best idea of how to make yourself feel better when you’re suffering emotional distress. In order to heal from a crisis, we need to recognize what our body wants and needs.

**2. Acknowledge the trauma**

While you may think that the best thing to do to overcome trauma is to bury it and move on, it’s actually important to acknowledge it. If you’re dealing with trauma from childhood for example, you’ll already know that burying it doesn’t work.

Acknowledge the trauma you’ve been or are going through. However, don’t dwell on it. Simply write down the negative experience and how it makes you feel. Then, analyze it. Why is it making you feel that way and how could you act to feel differently?

**3. Be kind to yourself**

It’s really important to be kind to yourself when you’re healing your inner self. This means eating healthy and getting enough exercise. It also means spending time doing the things you enjoy.

Taking “you time” each day will help to keep the mind more relaxed. Also, don’t forget to tell yourself positive things. We are often our biggest critics. So, start to switch any negative thinking about yourself, into a positive. Tell yourself that you are loved, you are unique and worthy of love. The more positive things you tell yourself, the stronger you will become.

**4. Set healthy boundaries**

It’s important to set healthy boundaries in life. If you’re healing from past trauma, you may have developed the habit to try and please other people. However, failing to have boundaries can lead to a lot of unhappiness.

Look at your life and where boundaries could be set. Do you often say yes to things you want to say no to? If so, now’s the time to be firmer and recognize that it’s OK to say no. Nobody can treat you a certain way unless you let them. So, if you have someone in your life who never respects your boundaries, now is the time to start distancing yourself from them.

**5. Believe in yourself**

Do you currently believe in yourself? If not, it’s time to start working on that.

When you believe in yourself, you don’t tend to let the opinions of others bother you. You don’t have the same limitations and you’ll find it easier to heal from trauma. Take a look online for self-belief building exercises you can start doing today.

**6. Make sleep a number one priority**

Finally, in order to heal your inner self, you need to feel energized, in control and relaxed. If you’re not getting enough sleep, it can lead to range of emotional and physical issues. Therefore, you’re going to want to make sure you make sleep a number one priority.

Go to bed at the same time every night. Make sure your bedroom promotes healthy sleep. Anything you can do to improve your sleep, is going to make it easier for you to heal.

As you can see, there are lots of things you can do to heal your inner self. The above are some of the most effective ways to start healing and become more emotionally balanced. You don’t have to let past or current trauma rule your life.