



Letting go is great for your mental health, here's why

Letting go can be difficult, but it's always worth it. Why? Because letting go is great for your mental health!

Holding a grudge can have negative emotional effects, including stress, anxiety, and depression. Also, anger can lead to heart problems, high blood pressure, and strokes.

On the other hand, letting go of negativity and practising forgiveness has been shown to positively affect mental health, including reducing stress and increasing happiness.

In addition to being good for your mental health, letting go can make you more flexible and adaptable. People who can let go of things that no longer serve them are better able to cope with change and adapt to new situations.

What happens when you hold a grudge?

When we hold a grudge, we focus on how our situation could have turned out differently. We think about what we wish had happened instead. This makes us feel angry, frustrated, and upset.



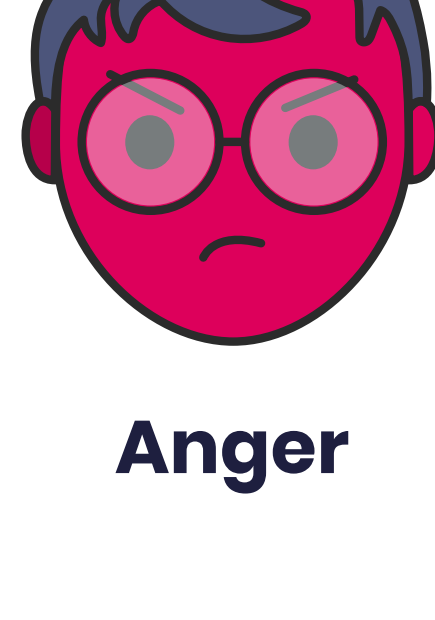
We may even get into arguments over the past, thinking everything would have worked out perfectly if we'd just said this or done that. But the truth is, there was nothing anyone could have done to change the outcome.

We might tell ourselves that we'll never forgive someone for hurting us, but holding onto resentment doesn't help us move forward. It keeps us stuck in the past.

What are the negative emotional effects?

When someone we love and trust hurts us, it can be difficult to cope. We may feel angry or sad for a time but if we dwell on these negative feelings instead of positive ones like gratitude towards that person who hurt us then resentment will take root in our minds. If you continue dwelling upon these events without forgiving yourself first, then bitterness will take root leading to an inability, or fear, for future happiness.

If you hold on to a grudge, you'll experience these negative emotions:



Anger



Frustration



Anxiety



Depression

How do I let go of my grudges?

The first step towards letting go of a grudge is recognising that you have one. If you find yourself ruminating over the past, then chances are you still harbour some resentment. Next, ask yourself why you're holding on to the grudge. Is it because you want revenge? Do you need to punish someone? Or maybe you're afraid they'll hurt you again? Once you understand why you're holding on so tightly, you can start to let go. You can use the following steps to let go of a grudge:

Rational emotive therapy

This cognitive behavioural therapy (CBT) helps people identify their thoughts, feelings, and behaviours. Rational emotive therapy teaches you to recognise and replace irrational beliefs with rational ones. For example, suppose you believe that people will always mistreat you. In that case, you can learn to challenge this belief by asking yourself questions like "Is it true?" and "Why do I believe this?"

Acceptance and commitment therapy

ACT is based on mindfulness and acceptance. Mindfulness means paying attention without judgement, while acceptance means taking things as they are. When you accept things as they are, you don't try to control them or force them to be different. Instead, you simply observe them and notice any changes. For example, suppose you've held a grudge against someone for years. In that case, you can practice acceptance by noticing that you're feeling resentful. Then you can let go of the resentment by seeing the situation from another perspective.

Practise ACT by doing the following:

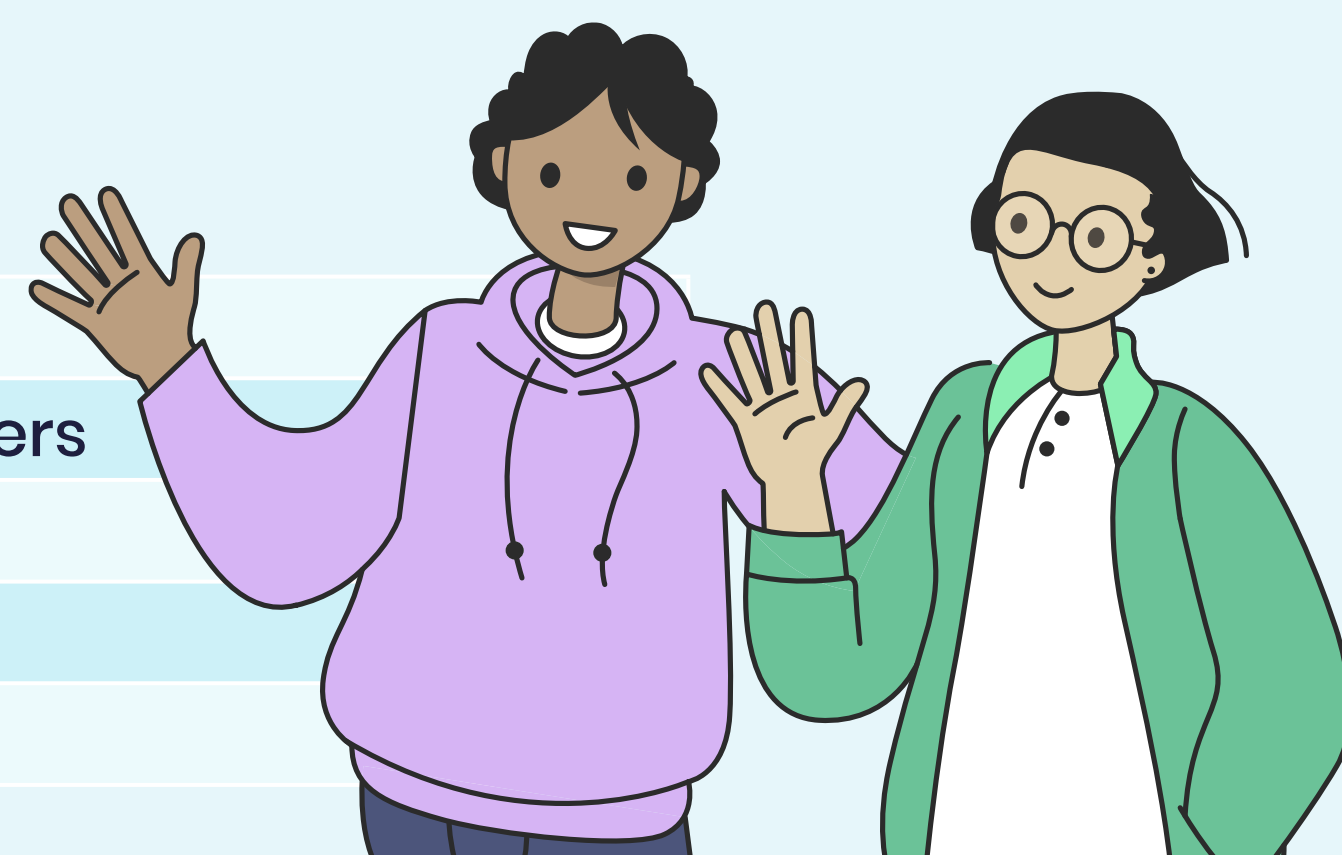
1. Notice your thoughts and feelings
2. Observe your behaviour
3. Choose an action
4. Commit to taking that action
5. Repeat until you feel ready to stop
6. Let go of the grudge
7. Continue to practise mindfulness and acceptance
8. Remember that life isn't perfect
9. Be kind to yourself
10. Keep practising

The benefits of being flexible

Holding on to grudges can make you feel trapped. Instead of focusing on the past, you should look at the future. Focusing on the present moment makes you more likely to notice growth opportunities. You can also become more open-minded and less judgmental. Being flexible allows you to adapt to new situations. You can improve your relationships, career, and personal development by practising flexibility.

Flexibility can help you:

1. Learn new skills
2. Improve your relationship with others
3. Develop confidence
4. Make better decisions
5. Be happier



Why you should practise forgiveness

Forgiving someone means letting go of any feelings of hurt, anger, or disappointment. Doing this releases the energy that keeps us from moving forward. It helps us let go of the past to live in the present. And because we're focused on the future rather than the past, we become happier people. And as we let go of the past, we gain flexibility and adaptability. If we're willing to forgive others, we can learn from their mistakes and grow stronger.

How to accept things and move on

Sometimes we don't want to let go of our resentment because we're afraid that doing so will mean giving up control. We might worry that if we let go, we won't know what will happen next. Or we might fear that if we give up our resentment, we'll lose the opportunity to punish the person who wronged us. But these fears aren't real. They're entirely unfounded. Holding on to resentment isn't going to bring back the past. It will not stop the person who hurt you from hurting you again. And it certainly won't keep you safe.



Contact us

It's hard to let go of anger and resentment, but it's always worth the effort. When you do, you improve your relationships with others and your mental health. If you need help letting go, don't hesitate to contact Validium for expert support. We can help you work through your feelings and move on to a brighter future.



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