



EMPOWERING WOMEN TO RECLAIM THEIR STRENGTH AFTER
EXPERIENCING DOMESTIC ABUSE

Regaining Your Positive Mindset

Life after abuse can feel overwhelming and scary, and it's common to carry the weight of past experiences on your shoulders. However, healing is a journey, and every step you take toward reclaiming your peace of mind is a victory. You deserve to feel empowered, joyful, and strong again. It's time to reconnect with your inner strength and rebuild a positive mindset.

The Power of Mindset

Your mindset is the lens through which you see the world. It's the difference between seeing setbacks as obstacles or as opportunities to grow.

After surviving domestic abuse, your mind and emotions may need time to heal, but it's absolutely possible to shift your focus and rediscover positivity. It doesn't happen overnight, but with consistent effort, you can reclaim your joy and move forward with confidence.

Happy Hacks to Reclaim Your Joy

Here are some simple but powerful exercises you can use to reconnect with happiness every day.

They only take a few minutes to do, but they're game-changers if you do them consistently:

1. **Pause** – Take a moment in your day to pause. I know it's easier said than done with everything you have going on, but even just 30 seconds can make a difference! It's about giving yourself permission to be present, to stop, breathe, and reset.
2. **Breathe** – Take three deep breaths, in through your nose and out through your mouth. This simple act helps calm your nervous system, bringing you back to the present moment. Deep breathing is incredibly grounding and can reduce feelings of stress and anxiety.

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3. **Gratitude Check** – Every day, take a moment to look around and find three things you're grateful for, no matter how small. It could be something simple like that warm cup of coffee, the sunshine peeking through the window, or the fact that you made it through today with strength and resilience. Gratitude helps shift your mindset and retrains your brain to focus on the positives.
4. **Smile** – Yes, even if you don't feel like it, smile. After abuse, we often lose the ability to be joyful. However, even a fake smile can trick your brain into feeling happier! It's a simple act with profound effects. Smile at yourself in the mirror every day, or if you're out and about, go ahead and rock that random grin – you're spreading good vibes everywhere you go.
5. **Reflect** – Ask yourself at the end of each day: "*What's one thing today that's brought me joy?*" It could be something as small as a funny meme that made you laugh, connecting with a friend, or that feeling of accomplishment when you checked something off your to-do list. Reflecting on joy helps you appreciate the little moments that make life beautiful.
6. **Write an Appreciation List** – Take a moment to write a list of things you appreciate in your life. It can be a pet, children, a local shop, a friend, the beautiful plant you have, the ability to have a hot drink or a hot shower or the freedom to walk in nature whenever you choose. Whenever you feel your mindset slipping into a negative pattern, please review this list and read it aloud. This will help you focus on what you have rather than what you don't have, and it sets the foundation for building more things to be grateful for in your life.

Reconnecting with these small moments of happiness will, over time, add up to a significant shift in how you feel.

Remember, healing doesn't mean being happy all the time; it means finding peace amid the challenges and allowing yourself to experience joy, even on the tough days.

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Make the Choice to Heal and Empower Yourself

The process of rebuilding a positive mindset takes patience, but you have the power within you to make it happen.

Start with small steps using the above hacks and gradually shift your focus toward what brings you joy and peace. The more you practice this, the easier it will become to find happiness in the little things.

You're strong. You've already survived what others couldn't imagine; now, it's time to reclaim your power and happiness one moment at a time.

Take a moment for yourself today. Try the happiness hacks above and see how it feels. Remember: Healing isn't a straight line. Be kind to yourself, take things at your own pace, and celebrate every little victory along the way. You are worthy of happiness.

Sending you love, Michelle xx

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