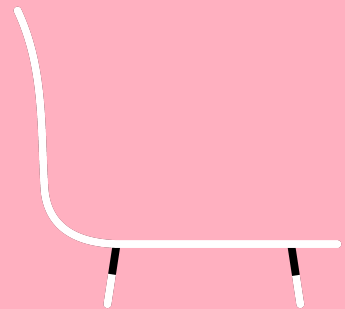


RESENTMENT: THE PRESENT THIEF!

A WORKSHOP WITH SELF SPACE



SELF SPACE

EVERYDAY MENTAL MAINTENANCE

Title:

Resentment: The Present Thief!

Duration:

90 minutes

Self Space:

In a world which can sometimes be challenging, frightening, overwhelming, complex and seriously hard to navigate, it's not surprising that sometimes we don't feel ok. Everyday mental maintenance is an essential part of surviving. Self Space offers a contemporary approach to maintaining good mental health. They offer a good conversation with a qualified person, a space to reflect, process and off-load.

What:

Resentment is a mixture of disappointment, anger and fear. It comprises the three basic emotions: disgust, sadness and injustice.

It speaks in many different tones and translates in the body in both subtle and profound ways. You might feel it as an everyday weight you carry around, tainting everything with a sense of additional effort, it might emerge as watching yourself at key events, as opposed to being in the moment. Often disguised as something else, perhaps it appears as misdirected rage, or as the green eyed monster of jealousy as you flick through social media; perhaps it steals your joy and makes it hard to smile even though you want to. However it translates for you, it can be painful, paralysing and feel like being trapped. It can also compromise your integrity, negatively impact relationships, and keep you stuck in a place that doesn't feel good.

Join therapists from the self space team, for a dynamic and challenging workshop, which supports you to find the route of your resentment and actualise the phrase 'hold on tightly let go lightly'.

Download the Self Space app

www.theselfspace.com

hey@theselfspace.com

[@theselfspace](https://www.instagram.com/theselfspace)

