

This is “Peer Counseling Pause” with Reova Meredith

Crying Helps Us Heal!

Ever wonder why you feel better physically after crying? Many people say that ‘a good cry’ makes them feel better. We have all heard that before. Crying actually purges toxic chemicals from our bodies. In fact, there are some chemicals that are only eliminated by emotional tears. Emotional tears are the body’s way of protecting us from a build-up of internal toxins.

We need to cry to rid our bodies of hormones that can be toxic to our emotional and physical well-being.

When we cry, the body moves from a state of high arousal to relaxation.

Crying is not grief, it is a way of getting over your grief.

Crying helps us heal emotionally.