

10 WAYS TO EASE TRAUMA

- 1) Breathwork:** Deep, slow, regulated breathing from the abdomen can help calm the mind, relax the body and reduce anxiety. Try: Yoga, Meditation, Straw Breathing, Phone Breathing Apps, Biofeedback.
- 2) Counseling:** Therapists have specialized skills and training to assist in healing the emotional & psychological effects of grief and trauma. Try: Eye-Movement Desensitization and Reprocessing (EMDR), Somatic Experiencing (SE), Art Therapy, Sandtray Therapy, Hypnotherapy.
- 3) Energy Therapy:** Many noninvasive techniques focus on physically, mentally, emotionally, and spiritually restoring and rebalancing the human energy system. Try: Reiki, Healing Touch, Somatic Experiencing (SE), EFT or "Tapping" at www.thetappingsolution.com.
- 4) Imagery & Visualization:** Imagery is a powerful practice for reducing anxiety, sleeplessness, nightmares, abrupt mood swings, hypervigilance, and intrusive flashbacks. Try: www.healthjourneys.com and www.soundstrue.com for guided imagery audio and CDs.
- 5) Use the Right-Side of Your Brain:** Access psychological healing through nonverbal means by going to where images, emotions, and body sensations are stored. Try: Movement, Music (www.musictherapy.org), Art (www.arttherapy.org), Soul Collage (www.soulcollage.com).
- 6) Exercise:** Body-based movement helps alleviate trauma symptoms such as sleep disruption, appetite change, muscle tension, and fatigue. Try: Walking, Swimming, Stationary Bike (solo); Dancing, Hiking, Kayaking (with a partner); or Soccer, Cycling, Yoga class (with a group).
- 7) Touch:** Touch strengthens the immune system and eases symptoms of anxiety. Touch can be increased by the help of friends, family, pets, licensed body workers, and certified massage therapists. Try: Pedicures, Manicures, Massages, Playing with Animals, Holding Children.
- 8) Nature:** Interacting with trees, sun, sand, water, and fresh air is healing. Studies in "Earthing" show that just standing barefoot on the soil, sand or grass is therapeutic for the body. Try: Joining a nature group at www.meetup.com, walking outside, taking lunch breaks outside.
- 9) A Combination of Eastern & Western Medicine:** Both Eastern & Western practices, therapies and medications can help alleviate severe post-traumatic symptoms. Try: Acupuncture, Reiki, Physical Therapy, Counseling and Dr. Andrew Weil at www.drweil.com.
- 10) Self-Care:** What are some things that have helped YOU ease trauma?

Notes: