



Healing at Home :

A simple healing guide for survivors

By the Survivor Healing Collective

Publishing Information

Healing at Home

By the Survivor Healing Collective

Edition 1 | May 2021

All information in this workbook is provided by we, the authors, from our personal experiences and individual research. All information is put into our own words. This book is not intended for commercial use.

All photos and art in this workbook are sourced from a free online platform intended for projects such as this.

Thank you to Publishing Express for their great printing services.

Thank you to the INVST program at the University of Colorado Boulder for allowing the three of us to meet each other, and for giving us the structure, support, enthusiasm and love needed to complete this project.

Thank you to the Office of Outreach and Engagement at CU Boulder for sponsoring this project and allowing us to bring our ideas to fruition.

Thank you to survivors of past and present for your insight, perseverance, strength, and inspiration.

We call ourselves the Survivor Healing Collective. From our experiences we've learned that participation by survivors of sexual violence in healing practices, such as trauma informed therapies, is very low... even in a community like ours where there is an abundance of opportunities. For whatever reason, formal sexual assault services in our community are under-utilized.

This, of course, has a lot to do with access. We hope to bridge the gap and provide a resource for survivors of sexual violence like us, enabling us all to participate in healing practices even when we cannot interact with local institutions- or do not want to.

We simply want to help survivors increase the amount of daily practices they use to heal. We suspect that even for those who can and do access different therapies, it can be a struggle to integrate healing practices into everyday life. We hope our workbook has an empowering component- by allowing you to have whole-ownership of your emotional journey without having to rely on an expert.

It's clear to us that those who are most marginalized face the greatest struggles when it comes to getting help following sexual violence. We hope our workbook can serve as one route to healing, where BIPOC, disabled, working class, women and genderqueers can take control of their healing journey without having to navigate institutional and interpersonal hurdles that often prevent their access to, or desire for, formal services.

We are in no way seeking to discourage anyone from seeking trauma-informed therapies. We just hope that our book can help you if you can't access them, and if you can, that our book helps you extend your hard work into your life outside the therapist's office. This workbook provides an array of practices that we have learned throughout our personal journeys through trauma. We hope they can be of service to you.

In Love and Solidarity,
Franky, Nina, and Violet

Got it!

Thank you.

HOW TO USE THIS BOOK

IN THIS BOOK, WE'VE CREATED NUMEROUS HEALING EXERCISES, ACTIVITIES, AND SPACES FOR MANIFESTATION, AS WELL AS SPACE TO REFLECT ON YOUR EXPERIENCES WITH THEM. WE HAVE ALSO INCLUDED FOUR BROAD JOURNALING PROMPTS WITH SPACE FOR YOU TO WRITE, IT MIGHT BE HELPFUL FOR YOU TO USE A SEPARATE JOURNAL WHICH YOU CAN USE TO EXPAND ON YOUR REFLECTIONS- SOMETIMES YOU MAY NOT WANT TO REFLECT AT ALL.

THERE IS NO RIGHT OR WRONG WAY TO GO ABOUT YOUR HEALING JOURNEY. WE JUST HOPE THAT THIS BOOK CAN HELP. IF YOU WANT TO GO STRAIGHT FROM FRONT TO BACK THAT'S GREAT. BUT FEEL FREE TO FOLLOW YOUR INTUITION, IF STARTING AT THE END AND WORKING BACKWARDS OR SIMPLY FLIPPING TO A RANDOM PAGE FEELS RIGHT TO YOU, THEN DO SO.

THIS IS A SPACE FOR HEALING, NOT FOR SHAME. WE DO NOT WANT YOU TO USE THIS BOOK AS ANOTHER BOX OF SOMEONE ELSE'S IDEA OF HEALING AND GROWTH TO STUFF YOURSELF IN. ALL WE WANT IS FOR YOU TO TAKE YOUR JOURNEY INTO YOUR OWN HANDS. THIS BOOK IS NOT OURS. MAKE IT YOURS. WRITE ON IT, TEAR THE PAGES OUT, ADD YOUR OWN STEPS, DO EXERCISES WITH A FRIEND, TAKE INSTRUCTIONS WITH A GRAIN OF SALT.

WITH LOVE

HEALING AT HOME

TABLE OF CONTENTS

- 1 resources**
- 3 journal prompt 1**
- 5 when you're triggered**
- 7 affirmations**
- 8 manifestation**
- 9 healing frequencies**
- 10 tea meditation**
- 11 facial reflexology**
- 13 yoga**
- 17 trigger plan**
- 19 restorative pose**
- 20 self massage**
- 21 EFT technique**
- 23 sit spots**
- 24 love letter**
- 25 breathwork**
- 27 gratitude**
- 28 intuition**
- 29 reminders**
- 30 survival mode**
- 31 boundary setting**
- 33 body celebration**
- 34 self love spell**
- 35 journal prompt 2**
- 37 cord cutting**
- 39 forgiveness**
- 41 journal prompt 3**
- 43 recommended reads**
- 45 morning routine**
- 46 bedtime routine**
- 47 nightmares**
- 49 art therapy**
- 51 journal prompt 4**

Hey! You are more than welcome to join our facebook group and leave a review on our website !!

<https://sites.google.com/colorado.edu/survivor-healing-collective/review-the-book>

<https://www.facebook.com/groups/875138543281688>

Boulder Area Resources



Sexual Violence

MESA (Moving to End Sexual Assault)

- (303)-443-7300
- movingtoendsexualassault.org
- Text BRAVE to 20121

Sex Trafficking

Street's Hope

(303)-433-2712

streetshope.org

Mental Health

CO Crisis Hotline

- 1-844-493-TALK (8255)
- Or text "TALK" to 38255
- <https://coloradocrisisresources.org>

Mental Health Partners

- (303) 443-8500
- www.mhpcolorado.org

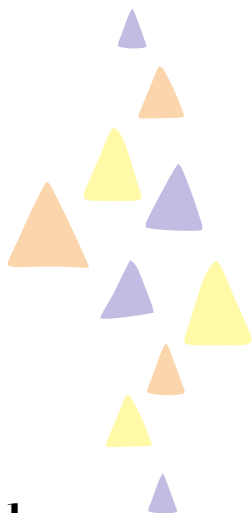
Domestic Violence

Safe Shelter of the St. Vrain Valley

- (303) 772-0432
- safeshelterofstvrain.org

SPAN (Safehouse Progressive Alliance for Nonviolence)

- (303) 444-2424
- www.safehousealliance.org



**For a more expansive
list of resources and the
link to our Facebook visit
our website:**

**[https://sites.google.com/
colorado.edu/survivor-
healing-collective/home](https://sites.google.com/colorado.edu/survivor-healing-collective/home)**

LGBTQ+ Services

Out Boulder

- (303) 499-5777
- www.outboulder.org

Queer Asterisk

- (720) 507-6161
- queerasterisk.com

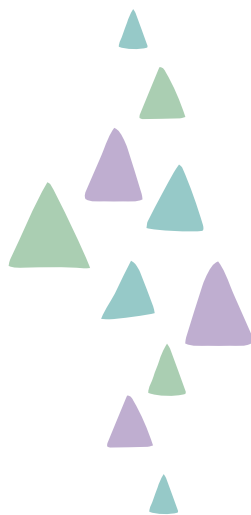
Food Insecurity

Harvest of Hope

- (720)-382-1971
- <https://hopepantry.org>
- 2960 Valmont Road, Boulder

EFAA FOOD BANK (Emergency Family Assistance Association)

- (303) 442-3042
- [www.efaa.org/get-help/food-
bank](http://www.efaa.org/get-help/food-bank)
- 1575 Yarmouth Ave, Boulder



Where are you now, at the beginning of this healing journey?

This image shows a full page of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

[illegible]

When you're triggered

Quick Tips



bilateral tapping technique
(cross your arms with your hands on your shoulders and alternate taps)
see also our reflexology page

give yourself a hug

**Breathe in lavender or
other calming essential oils**



**a splash of water to the face or a
relaxing shower or bath**

A cup of chamomile tea



**Gargle water, this stimulates the
vagus nerve**

Coping Techniques...

What just happened?

How does your body feel?

Breathe

Close your eyes and take five big inhales and exhales. When you open your eyes engage your five senses: what are 3 colors do you see? What do you smell? What do you feel? What taste is in your mouth? What sounds can you hear?

Build. your plan for being triggered on page 17

Affirmations

You've undoubtedly heard of positive affirmations. They are positive statements that challenge negative thoughts. The idea is that, over time, you can reprogram your subconscious mind to let go of negative beliefs and feelings, resulting in an increase in goodness overall. You can think of daily affirmations sort of as emotional exercise.

When we have sexual trauma, the day to day problems of life are harder to deal with. Our experiences can often consume our thoughts. And because so much of what we deal with after sexual trauma involves our relationship to ourselves and others- parts of our lives that heavily influence and are influenced by our thoughts- positive affirmations can help us heal in these areas and others.

If you've heard of affirmations at all you have probably heard of the "I am" set-up. It's true that affirmations should be spoken in the present tense, but "I am" statements simply don't work for everyone. Actually, when people say positive affirmations such as "I'm a lovable person" when they really struggle to believe them, it can actually make them feel worse.

With that said, here are some general guidelines for creating affirmations:

- Focus on yourself not others
- Focus on one problem at a time
- Instead of verbalizing what the problem is, focus on what you want- not what you don't want
- Try to stay in the present tense, as if what you want is already here
- Use verbs and words that denote emotion

It's super effective to stick with one affirmation for a few days or for a week at a time. Here are some I've come up with that I think relate to the purpose of this book. Please, feel free to alter them and make them your own.

- I rejoice in the love I encounter every day.
- I create a safe and secure space for myself wherever I am.
- I give myself permission to do what is right for me.
- I give myself space to grow and learn.
- I allow myself to be who I am without judgment.
- I listen to my intuition and trust my inner guide.
- I accept my emotions and let them serve their purpose.
- I give myself the care and attention that I deserve.
- I foster relationships that honor and respect me.
- On the path to the person I am becoming, I still love the person I am.
- I am the only person who can decide who I am, who I become, and where I go from here.
- I will attract great things by being my most authentic self.
- I resist defining myself in relation to the needs and desires of others.
- I am deeply grateful for my unique sexuality and resist comparison with others.
- I am empowered when choosing who I share my story and inner feelings with.

Manifestation

The 369 method

Pick an affirmation or an intention, for this exercise an “I am” statement that works for you is best.

In the morning, write down your intention 3 times

In the middle of your day write down your intention 6 times

In the nighttime before bed write down your intention 9 times.

Do this everyday for a month and see what changes!!!!

HEALING FREQUENCIES



THE HEALING POWERS OF SOUND HAVE BEEN HARNESSSED BY HUMANS FOR CENTURIES. DIFFERENT FREQUENCIES OF SOUND HAVE BEEN SHOWN TO HAVE GREAT IMPACTS ON OUR BODIES AND STATE OF MIND. GENERATIONS BEFORE US USED THESE SOUNDS IN SHAMANIC ACTIVITIES TO HEAL EACH OTHER WITH THE MUSIC OF DRUMS AND CHANTING, OR WITH GONGS, CYMBALS, AND SINGING BOWLS. YOU MAY HAVE HEARD OF OR USED SOME OF THESE TOOLS. SOUND FREQUENCY HEALING CAN BE DONE WITH A VARIETY OF METHODS, FROM LISTENING TO RECORDINGS OF DIFFERENT FREQUENCIES TO PARTICIPATING IN VIBRATIONAL-ACOUSTIC THERAPIES. HERE'S A LIST OF DIFFERENT FREQUENCIES, THEIR USES, AND WHERE TO FIND A LISTENING OPTION. FIND THEM ON YOUTUBE/SPOTIFY/APPLE MUSIC/ETC

40Hz

Sound at 40 hertz is linked to the stimulation of memory. For an example of 40 hertz therapy.

174Hz

This is one of the Solfeggio frequencies, a series of tones used in sacred music, believed to have positive effects on human health. 174 hertz is associated with the reduction of both pain and stress.

285Hz

285 hertz, another Solfeggio frequency is considered instrumental in the healing of cuts, burns, and other wounds.

396Hz

One of the Solfeggio frequencies, the 396 hertz tone helps remove feelings of guilt

417Hz

The 417 hz Solfeggio frequency helps remove negative energy surrounding a past trauma, negative energies in the environment, and dissolve emotional blockages.

440Hz

Music that is tuned to 440 hertz is considered "cerebral" music that aids in the listener's cognitive development.

432Hz

432 hertz frequency is supposed to lead to greater levels of mental and emotional clarity

528Hz

528 hertz is the most well-known of the Solfeggio frequencies, also called the miracle tone or the love frequency

852Hz

852 hertz is associated with redirecting the mind away from overthinking, intrusive thoughts, and negative thought patterns.

639Hz

This frequency is intended to produce positive feelings and greater attunement to harmonious interpersonal relationships, encouraging clearer communication.

963Hz

963 hertz frequency is associated with activation of the pineal gland and higher spiritual development, aiding connection to all living things.

Tea Time

A MEDITATIVE PRACTICE

Feeling safe enough to go about each day can be difficult when you are dealing with trauma, especially if you don't have a good support system. It took me a long time to realize that I needed a boost to get going, a ritual that prepared me to go out into the world each day. I tried meditation but I struggle with stillness. I was later told that it can help to give yourself something to meditate *on*, and to involve the body in a simple and relaxing way, by drinking tea for example.

Our knowledge of tea and its uses comes from Chinese and Japanese traditions. The history of the tea ceremony in Japan is long. While this exercise is far from a traditional Japanese tea meditation, I think it's important to thank this history.

1. MAKE YOUR TEA

Heat up the water through the method of your choosing. While waiting for it to get hot, clear the space where you will drink it. Bring your awareness to *your actions*- your footsteps, the swish of clothing as you walk, how it feels to open cupboards, the sound of turning on the stove. You are free to have thoughts! Just try immersing them and creating them with your experience. The benefits of this practice come from being in the moment- not thinking about yesterday, today, or tomorrow. Focus on the experience you are creating right now.

2. DRINK YOUR TEA

Once your tea is made go to where you intend to drink it. Notice the tea's temperature, smell it, feel the steam on your face. Take it slow, drinking in small sips. Notice the raising of your arm, then of the sip and how it feels on your lips. Notice your swallowing and then the lowering of your arms. Take a few deep, satisfying breaths between each sip.

Believe that this tea is filling you up with power and perseverance. If you have any mantras or affirmations, say them to yourself between sips. *I face the day with grace. I stand in my power even if I stand alone. I am unafraid.*

3. GIVE THANKS

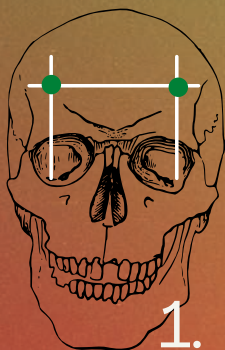
Once you're done with your cup, thank the tea for filling you up, thank yourself for allowing it to.

✦ Facial Reflexology ✦

Reflexology is an ancient natural therapy where specific points on the face, scalp, hands, and feet are touched to alleviate symptoms of physical and mental stress—like acupuncture, without the needles.

For beginners, looking in a mirror will be helpful.

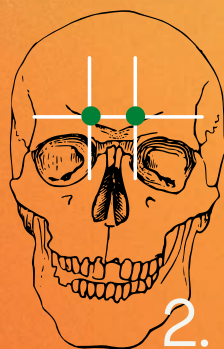
On a clean face, with clean hands, apply a moisturizer or oil. If you have none that's fine too, just be gentle with your skin. The purpose of this practice is not to pull at the skin.



Locate the true center of your forehead with both of your index fingers at the same time, dividing your forehead into equal parts top and bottom and equal parts left and right.

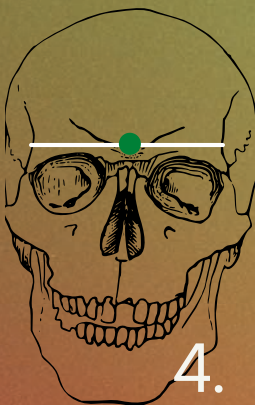
Slide your index fingers away from each other until they align with the arch of your eyebrows or end of your iris. Begin to make small controlled circles on this area for 30 seconds. You may feel a “crunchy” sensation. Be sure to take some nice deep breaths. Maybe close your eyes. Stop. Without moving your fingers away, push firm but gentle pressure onto this same area for just a moment before letting go.

Now, place your fingers just above the innermost portion of your eyebrows. Make small controlled circles on this area for 30 seconds. Breathe. Stop. Without moving your fingers away, push firm but gentle pressure onto this same area for just a moment before letting go.



Now, find the true center of your forehead again, with just one finger this time. Stimulate the area with small circles or tapping for 30 seconds. Give a moment of firm but gentle pressure on this point before pulling away.

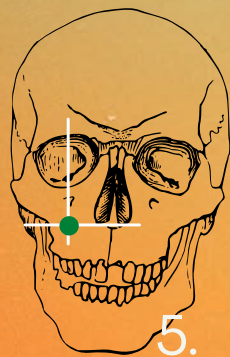
Facial Reflexology



Slide this finger down in between your eyebrows. This point is heavily associated with the pituitary gland. Make small circular motions for 30 seconds, press, let go.

You won't want to stimulate this point for more than 30 seconds a day. You can massage the other points in this routine, however, as much as you want.

Now, on your left side only, place your index finger right next to your nostril, then slide outward until your finger lines up with your pupil. Rub or tap for 30 seconds, press, pull away.



Lastly, take both your fingers and slide them up and down in front of your ears, do this about 10 times.

The more often you do these exercises, the calmer you will feel. You may not feel any different after trying them the first time, but your body will still thank you. I often do them in the shower. I know that, to many, this might sound like ridiculous mumbo jumbo. Don't knock it 'til you try it.

- Please know this flow is intentionally gentle and suitable for beginners. All of these poses are for your comfort. If you are uncomfortable at anytime, adjust yourself in a way that's good for you. Force and frustration is not the point of any mind-body practice.

- It is perfectly acceptable to learn yoga routines from reading, and to read in between or during poses.

1. Begin kneeling on the ground. Bring the knees on floor, hips placed and centered on the heels, chest out and shoulders behind.

With hands in prayer take a few moments connecting to the breath.

Stay for about 6-8 breaths.



3. Release, stand up, and relax in Mountain Pose.

Stay for 6 breaths, closing the eyes and connecting to the breathing process.



5. Inhale - move the feet a little wider, bend your right knee and the left, face the middle

Exhale - bring the hips down flexing the knees

Inhale - hold the hands in an interlock in front of the hips

Exhale - stretch the arms downwards, stretch shoulders upwards

Stay for 6 breaths release and relax standing straight.



2. Inhale - come to stand on your feet
Exhale - stretch the arms out at shoulder level and bend half way down.
Stay for 6 breaths, stretching the arms out.



Inhale - release

4. Inhale - bring the feet more than hip distance apart and bring the arms to shoulder level
Exhale - lower the hips down bending the left knee. Keep left foot straight, bring right foot to 45 degree angle

Inhale - look in front and bring the body to the center, stretch the arms out both ways.
Stay in balance looking ahead at one point for 6 breaths.



6. Inhale - repeat number 4, this time with right foot in front, looking ahead at one point for 6 breaths.



Yoga

SACRAL CHAKRA FLOW

7. Inhale - come to standing
Exhale - bend down and sit on your knees
Inhale - take the torso back and place the hands on the floor behind you with fingers pointed outwards.



Exhale - raise the chest and hips upwards
Inhale/Exhale - to stay in this pose for 6 breaths
Inhale - release and relax

8. Inhale - place the palms on the floor extending the arms and bring the chest and the chin on the floor
Exhale - rest the entire body on the floor

Inhale - slowly raise the hips up and balance your body on the knees
Exhale - press the chest and the chin towards the floor.
Inhale/Exhale - to stay for 12 breaths



9. Inhale - move torso forward
Exhale - raise the chest and shoulders while forearms stay on floor
Inhale - adjust for comfort
Exhale - gaze up or in front taking the shoulders behind
Inhale/Exhale - to stay for 6 breaths



10. Come on your knees and place the palms on the floor, ensuring the distance between the palms and the knees are same and aligned.

Inhale while tilting the tailbone backwards, shining the chest through and lifting the chin. This is cow pose.

As you exhale, round the back, tuck the tailbone in, and bring the chin down and in. Engage your core muscles. This is cat pose.



11. Inhale - lift the body and place the left leg in front
Exhale - folding the left leg, come to sit on the left sit bones extending the right leg behind you.
Inhale - raise the chest and shoulders
Exhale - press the hips down
Inhale/Exhale - to stay for 6 breaths focusing on moving the hips down towards the ground
Inhale - release



12. Inhale - stay positioned while stretching the arms out in front
Exhale - go down to lay on the floor in front of you
Inhale/Exhale - to stay for 6 breaths.
Inhale - release.



Yoga

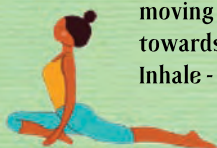
SACRAL CHAKRA FLOW

13. Come to Cow Pose
Exhale - folding the right leg come to sit on the right sit bones extending the left leg behind you.

Inhale - raise the chest and shoulders

Exhale - press the hips down

Inhale/Exhale - to stay for 6 breaths focusing on moving the hips down towards the ground
Inhale - release



14. Inhale - stay positioned while stretching the arms out in front
Exhale - go down to lay on the floor in front of you
Inhale/Exhale - to stay for 6 breaths.
Inhale - release.



15. Come to Cow Pose
Inhale - lower the tailbone down between the feet, extending the arms in front

Exhale - widen the knees, touch the toes together, and bring the chest down on the floor

Inhale/Exhale - to stay for 12 breaths. Calming the mind during the practice of this pose is seen as the main benefit.



17. Acting as a Transition Pose, come to sit with the legs stretch out in front of you. Stay here for 6 breaths.



16. Inhale - lift up and sit on your sit bones
Exhale - bend the legs at the knees
Inhale - extend the arms out
Exhale - lean the torso behind and balance the body in Boat Pose
Inhale/Exhale - to stay for 6 breaths.
Inhale - release



18. Inhale - bend the right leg and place the right foot over the left on the floor
Exhale - place the right hand behind you on the ground on your right side, twist the torso towards the right
Inhale - take the left elbow around the right knee

Exhale - twist deeper towards the right
Inhale/Exhale - stay for 6 breaths
Inhale - release and relax in Staff Pose



- 19.** Inhale - bend the right leg with the right foot close to the body.
Exhale - extend the left leg outwards, hold the left toes with your left hand, and stretch the torso over the left leg
Inhale - circle the right arm up and over to grab the toes with both hands

Inhale/Exhale - stay for 6 breaths
Inhale - release and sit back in Staff Pose.

Repeat on other side with the left leg bent.



- 21.** Inhale - bend the legs lifting the feet off the ground
Exhale - keep the knees and thighs close to your chest, hold the feet with hands, adjust back as needed
Inhale/Exhale - to stay for 12 breaths, keep shoulders and chin relaxed

Release into Corpse Pose



- 23.** Inhale - bend the knees and bring the feet close to your hips, plant them on the ground
Exhale - with palms pressed to the floor, raise the hips off the floor
Inhale/Exhale - stay for 6 breaths, keep neck straight.
Exhale - slowly lower down, lowering one vertebrae at a time.
Exhale - stretch the legs out and relax in Corpse Pose



- 20.** Inhale - raise the spine up and extend the torso
Exhale - stretch the arms forward, fold forward as far as possible without knees bending
Inhale - loosen the body
Exhale - deepen into the stretch with each breath

Inhale/Exhale - to stay for 6 breaths.

Inhale - rise up and relax.

Exhale - lay flat on your back in Corpse Pose



- 22.** Inhale - raise both legs up into the air
Exhale - stretch arms out into a T and using core strength, lower the legs down on the floor towards the right side
Inhale - adjust the legs for comfort
Inhale/Exhale - stay stay for 6 breaths

Inhale - raise the legs and come back to 90 degrees

Inhale/Exhale - repeat on left side, remain for 6

breaths. Release into Corpse Pose



- 24.** Relax in Corpse Pose for as long as you want, at least twelve breaths. When you are ready to end your practice, wake up by wiggling your toes, then rocking side to side Gently lift the body to a seated position. Thank yourself.





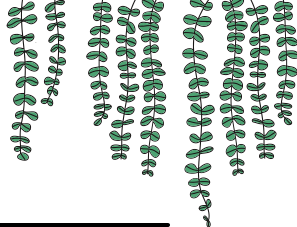
Building Your Plan

Sometimes we know ahead of time when a trigger is coming our way, other times it can come out of nowhere. For either of these, or any moment in between, it can be good to have an easy and accessible plant to turn to. The less work you have to do at that moment the better. You can use this space to plan for yourself. You can use some of the techniques in this book or any other techniques you've discovered that help you in those moments.

What can you do with your body to get more comfortable at this moment?



What can you tell yourself right now that will comfort you? Perhaps a quote or manifestation.



Where can you go that will feel safe and comforting? (This could even be remembering a beautiful place you've been or somewhere you've imagined)

Who can you reach out to for comfort? (This could even be reaching out to younger you and reassuring them that you're safe now.)



Viparita Karani

Legs-Up-the-Wall Pose, or Viparita Karani in Sanskrit, is a restorative yoga posture. It is so relaxing and aids in regulation of the nervous system. I've paired it here with another nourishing meditative practice. Follow these steps.

- FIND AN OPEN WALL IN YOUR SPACE. SIT ON YOUR BOTTOM WITH YOUR RIGHT OR LEFT SIDE AGAINST THE WALL, WITH BENT KNEES AND YOUR FEET FLAT ON THE GROUND IN FRONT OF YOUR BOTTOM.
- SWING YOUR LEGS UP AGAINST THE WALL AS YOU TURN TO LIE FLAT ON YOUR BACK.
- PLACE YOUR HIPS AGAINST THE WALL OR SLIGHTLY AWAY, MAYBE WITH A PILLOW OR BLANKET UNDER YOUR HIPS.
- PLACE YOUR ARMS IN ANY COMFORTABLE POSITION AND STAY IN THIS POSITION FOR AT LEAST FIVE MINUTES.
- WHILE HERE, CLOSE YOUR EYES. TAKE A DEEP BREATH. USING YOUR IMAGINATION, PICTURE YOURSELF ENVELOPED BY A HUGE GLOWING BALL OF LIGHT AND WARMTH. KEEP PICTURING THIS WHITE AND GOLD ORB SHINING, SURROUNDING YOUR ENTIRE BODY.
- WHEN YOU'RE READY TO RELEASE THE POSE, GENTLY PUSH YOURSELF AWAY FROM THE WALL.
- RELAX ON YOUR BACK FOR A FEW MOMENTS.
- DRAW YOUR KNEES INTO YOUR CHEST AND ROLL ONTO YOUR RIGHT SIDE.
- REST FOR A FEW MOMENTS BEFORE SLOWLY LIFTING YOURSELF INTO AN UPRIGHT POSITION.



Self Massage

For upper body tension

MAKE FISTS WITH BOTH OF YOUR HANDS. PLACE YOUR FISTS FLAT ONTO YOUR JAW, UNDERNEATH YOUR CHEEK BONES. APPLY A COMFORTABLE AMOUNT OF PRESSURE. KEEP YOUR FISTS ON YOUR JAW WHILE SLOWLY OPENING YOUR MOUTH WIDE, THEN SLOWLY CLOSE. OPEN AND CLOSE YOUR MOUTH 3 OR 4 TIMES. THIS IS A GREAT EXERCISE FOR ACTUALLY RELEASING JAW TENSION AND PREVENTING OR ALLEVIATING TENSION HEADACHES

WITH YOUR FINGERS ON BOTH HANDS, REACH BACK TO THE BASE OF YOUR SKULL. WITH FIRM FINGERS, APPLY A COMFORTABLE AMOUNT OF PRESSURE AND SLOWLY GLIDE YOUR FINGERS DOWN ALONG THE BASE OF YOUR SKULL, ENDING BEHIND YOUR EARS. REPEAT, MOVING DOWN THE NECK IN SMALL INCREMENTS.

CROSS YOUR ARMS ACROSS YOUR CHEST AND HOLD YOUR SHOULDERS, GIVING YOURSELF A HUG. SQUEEZE EACH SHOULDER THREE TIMES, THEN, KEEPING YOUR ARMS CROSSED WORK YOUR WAY DOWN YOUR ARMS IN SMALL INCREMENTS, SQUEEZING THREE TIMES WITH YOUR HANDS AT EACH POINT, FINISHING BY SQUEEZING THE WRISTS.

EFT Tapping

Emotional Freedom Technique

EFT, the Emotional Freedom Technique, is a lot like reflexology and other related practices. It involves tapping important parts of our body and nervous system while repeating a statement of self-assurance to ourselves. We do this on one side of our body then the other, all while repeating a phrase or two. These elements work together so that we can regulate our emotions— so that we can safely feel negative emotions when we're overwhelmed. And you can use it with specific intent towards your unique challenges. It works in 5 steps.

1.

Learn the tapping points

EFT relies on very specific acupressure points. These points include the outside edge of the palm (also known as the karate chop point), the beginning of the eyebrow, next to the eye, under the eye, under the nose, the chin, the inner portion of the collar bone, under the arm, then the top of the head. Once repeated with one hand on one side of the body, it is done with the other hand on the other side of the body.

2.

Identify the issue

Figure out what's bothering you. This is what you will focus on while tapping. How does it make you feel? Focus on one problem at a time.

3.

Create Affirmations

Before you start tapping, you need to create a phrase that explains what you're trying to address. However this isn't just any kind of statement, it has 2 specific components.

- acknowledging the issues
- accepting yourself despite the problem

The common setup phrase is:
"Even though I have this [feeling/fear/problem], I deeply and completely accept myself."
You can alter this phrase so that it fits your situation and you can create more than one, alternating between tapping points.

EFT Tapping

Emotional Freedom Technique

4.

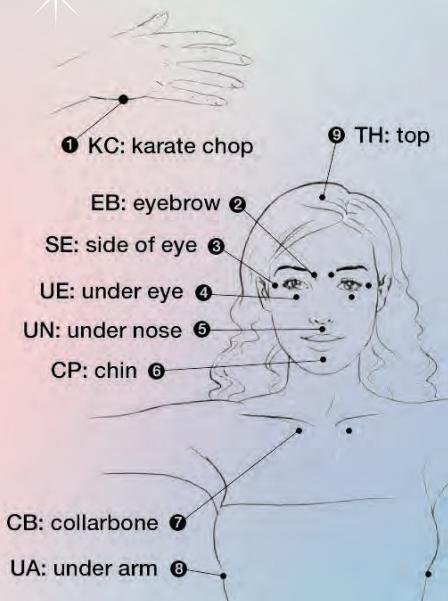
Tapping Sequence

Next, tapping is done in the sequence mentioned above

Pick one side of the body and at each point repeat your affirmations

- side of palm/karate chop
- inner eyebrow
- side of the eye
- under the eye
- under the nose
- chin
- inner collarbone
- under the arm
- top of the head

When you're finished with the first sequence, switch sides using the other hand and complete the same sequence again, repeating your affirmations



5.

Testing Intensity

This isn't required, but many people find relief through noting the intensity of their emotional distress- once at the start of the practice before you develop your affirmation, and once at the end. You can rate your intensity level on a scale from 0 to 10, and compare your end results with your initial intensity level.

Sit Spots

For some of us, spending time in nature can be very healing. One practice of centering yourself can be a sit spot. To do this simply wander outside, perhaps your backyard, a nearby park, or off of a trail. Then find yourself a cozy comfortable spot. Once you're settled in, start to focus in on some of the little details surrounding you. Perhaps it's a bird singing in a nearby tree, or the pattern in a leaf that has fallen, or the way the wind is gently moving the flowers.

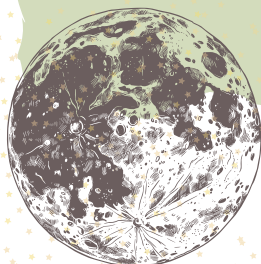
What do you see, feel, or hear around you?

Write a

Love Letter to Yourself



Connect with your inner child,
Nourish the parts of yourself that you often
overlook,
Offer peace to parts of yourself you've never
forgiven,
Our bodies remembers what we have trained
our minds to forget.



Remember to thank yourself for completing this practice.
When you're needing extra love and compassion, read this letter
again, soaking up the words and feeling them in your heart.
For a deeper practice, sit in front of a mirror and read your
letter to yourself. out loud.


Breathwork

Breathwork can be a powerful tool in...

- Coming back into your body if you're feeling dissociative or "out of body"
- Slowing down your heart rate if you feel a panic attack coming on
- Shifting energy through your body; releasing old energy and taking in new
- Communicating with your body

Being mindful of the ways in which we are breathing can help us communicate with our bodies and let it know that we are safe

Deep inhales facilitate our sympathetic nervous system, which controls our fight-flight-freeze response, preparing our body for stressful or dangerous situations...



Deep exhales are linked to our parasympathetic nervous system, signaling to our bodies that we are safe to relax and calm down.

Breathwork Practice

slow down your heart rate, decrease blood pressure, and regulate stress hormones

Before inhaling, try to release all the air from your lungs.
Press your belly down gently to release any old air sitting in your lungs.

Slowly inhale through your nose to the count of 4

Hold your breath for the count of 4

Slowly exhale through your mouth to the count of 6

Repeat this as many times as you can

Breathwork Visualizations

When I'm in the middle of a panic attack or spiraling thoughts, it can be really challenging for me to focus on my breath. I can usually successfully do 2 rounds of breathwork practice before my mind takes me somewhere else. Breathwork visualizations have been the best tool for me in following through with the practice to feel my connection between my body and brain.

Square Breathing

- Close your eyes and envision a square in your mind's eye
- Take a slow inhale to the count of 4 while visualizing yourself tracing over the top line of the square
- Slowly exhale to the count of 6 while visualizing your breath tracing over the next line
- Continue this until you complete the square 10 times

Deep Belly Breathing

- Lay down or find a comfortable seat
- place one hand on your belly (place the other on your heart for deeper practice)
- As you inhale, fill your belly with air and watch your hand rise
- As you exhale, release all the air in your belly and let it fall
- Continue to focus on your hand, making it fall and rise as your belly fills and releases air
- Repeat this 10 times

This book is all about offerings - take what you need and leave the rest.

If you find breathing practices hard to do when you are already spiraling, try creating a routine where you practice controlled breathing practices 1-2x per day to facilitate mind-body connections that your body will remember in times of panic.

What We Focus on Grows



The stories that we tell ourselves
perpetuate the thoughts and emotions we hold.
Practicing gratitude is a small task that can shift
our thought processes, how we view the world around
us, and internalized feelings we hold about ourselves.
Reflecting on a few details of our day that made us feel
safe, appreciated or seen can help us recognize
the glimmers of light around us.

Gratitude List



I am grateful for...

1. _____
2. _____
3. _____

Song Recommendation:
Gratitude by Londrelle

Don't forget to look inward and show
gratitude towards the person most
deserving of your recognition and
energy: yourself.



NAME 5 THINGS YOU CAN SEE

- Slowly scan the room with your eyes, noticing shapes and patterns
- Bring your attention to the colors around you. What is drawing you in?
- Let your eyes fixate on what they are drawn to.



NAME 4 THINGS YOU CAN FEEL

- Bring awareness to your hands and fingertips. Notice the support being given to your body by whatever you are resting on
- Trace your hand along your skin, wrap yourself in a blanket. What textures do you notice?
- Immerse your mind in the sensations of your body and allow yourself to explore the physical world.



NAME 1 THING YOU CAN TASTE

- Release your tongue from the roof of your mouth
- Drink a sip of water, signaling to your body that you are safe to relax
- Notice the taste of the water in your mouth and how it feels to be nourished.

**Build your
intuition &
reconnect
with your
senses**



NAME 3 THINGS YOU CAN HEAR

- Feel the vibration of the sounds traveling around you.
- A distant voice, the hum of the AC, maybe the absence of sound.



NAME 2 THINGS YOU CAN SMELL

- Breathe in through your nose and notice the smells surrounding you
- It may be something subtle, or it may be the absence of smell. Breathe it in and notice the emotions it may bring up.

You are not a burden for
asking for what you need.

Your value is not
measured by your
productivity.



Reminders

Healing is not
a linear
process.

Allow yourself
to be
complicated,
messy and
multilayered.

Survivors often live in a state of conditioned "survival mode"

HYPERVIGILANCE

constantly scanning our environment for danger

HYPERSENSITIVITY

reacting more intensely to stimuli than we normally do

IMPULSIVITY

making quick decisions that feel right in the moment without thinking through how it may effect us later

EXHAUSTION

living in survival mode is physically and mentally draining and it may feel as if we are using all of our energy to simply exist

Living in "survival mode," I felt out of control and disconnected from everyone around me.

When I learned that these feelings are a normal response to trauma, it helped me have more compassion for myself.

Sometimes our bodies need these responses in order to feel safe and process trauma.

This is a form of adaptive wisdom that our bodies hold.

1. Remind yourself
that these feelings
are your body trying
to protect you

2. Thank your body
for working so hard
to protect you

3. Tell yourself "I am
safe"



Boundary Setting



One of the most important parts of healing our trauma can be found in creating internal and external boundaries for ourselves. For many of us creating a boundary can feel almost rude, especially when we vocalize the need for it to others. This is why it is important to keep this deeper need in your heart when you are attempting to set and maintain your boundaries. Remembering why you are doing this will provide you the strength to push back.

A practice:

An important step to attempting to implement boundary setting is recognizing what exactly is triggering an intense emotion. This could be whom you are comfortable talking to or a topic someone else brings up.

One way you can figure this out is to get yourself in a comfortable position and allow yourself to think of an uncomfortable moment, not necessarily the moment of trauma but one in which you felt the swell of emotions that felt impossible to handle.

If you feel comfortable, use this space to write out the way you felt in those moments. . .

With this moment in your mind imagine being able to push that moment (a person or conversation) away from you. This may even mean physically pushing your arms forward like the moment or person is before you.

***FEEL YOURSELF PUSHING BACK.
FEEL THE STRENGTH OF THE MUSCLES IN YOUR
ARMS PROTECTING AND DEFENDING YOU.***

Practice this motion whether mentally or physically as many times as you feel necessary. You may even want to practice it while discussing these boundaries.

Use this space to reflect on how this feels and imagine how it will feel to protect yourself. . .

Be gentle with yourself when trying to implement your boundaries. Our society does not teach us how to do this and doesn't make it easy for us to vocalize our needs. But remember you are doing this for your own wellbeing and...

**YOU DESERVE COMFORT ON
YOUR HEALING JOURNEY**

CELEBRATING YOUR BODY!

It can be incredibly difficult to feel comfortable in our bodies, let alone celebrate them. This is especially true for those of us who have experienced trauma.

It is hard not to hold resentments toward our bodies in our patriarchal, racist, ableist, and queerphobic society. But embracing self-love can be one of the most radical forms of resistance to our twisted society. Audre Lorde taught us,

"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE."

One practice you could try is trying to remember some of the beautiful and fun places your body has carried you. Try naming a couple here. . .



Self Love Spell

I carry the power of stardust:
within the strength of my bones and muscles,
I carry the power of my ancestors.

Within my flesh,

I carry the rage of survival.

Within my mind,

I carry the ability to solve whatever may come.

Within my heart,

I carry the ability to hold immense love.

I hold these pieces of myself that make me whole

When I fully feel all of my power I am
unstoppable,

I feel my feet against the Earth and connect with
my life-force,

like a tree my body holds itself up against the
winds of life



THINK OF A TIME YOU WERE PROUD OF YOURSELF AND FELT
LOVE FOR YOURSELF.

WHAT WAS GOING ON?

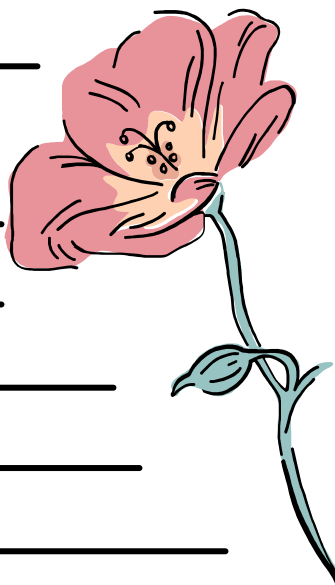
HOW DID YOU FEEL IN YOUR MIND AND BODY?







A series of horizontal black lines for writing, arranged in two columns. The left column contains 15 lines, and the right column contains 10 lines. The lines are evenly spaced and extend across most of the page width.



cord cutting

The very fact that you have memories of past events is a type of connection to those past events and the people involved in them. When the past carries negative energy with it, you may find yourself bogged down by thoughts of what happened or feeling despair about how it impacted your life. You deserve clarity of mind. You deserve to be free from cyclic thoughts about your past assault, harassment, or abusive relationship. You deserve to exist outside of a toxic person's energy. It's possible to facilitate this with a cord cutting ritual. You might think that's weird or out of this world. Don't worry, it's more mundane and commonly practiced than you think.

If you have incense, start burning some.

You'll need scissors and a white candle to burn if you've got it.

Put the incense, burning candle, and scissors on an empty spot on the ground, or on a table, that you can sit on/at for the duration of this ritual.

Go to your closet or dresser. Find one piece of clothing you don't want anymore, make sure it's one with a tag though. It's extra good if it's something related to the people or person you want to cut cords with, maybe you wore it a lot during that time or your life, maybe it's something that was theirs.

With your clothing, go sit on the ground, or at your table, near your incense, scissors, and candle if you have it. Now cut the tag off. Leave the clothing to the side to be donated, given to a friend, or set on fire later.

Close your eyes. Feel the surfaces underneath you. Visualize the closing of a door. Visualize crossing a bridge. Visualize locking a gate behind you and walking away from it. Open your eyes.

Think, read aloud, or trace these statements with your finger.

This person may no longer claim any connection to me.

I release this energy from myself.

I cut this cord for the greater good.



Now take the tag that was previously cut off from your old piece of clothing. Cut it in half. Put the tag in the trash, or leave it in the freezer for a while until you remember to throw it away. Put your old piece of clothing somewhere outside your home, in your garage, your car, in a bin of things you were already planning to donate, whatever. Just get rid of it for real when you can. Or burn it if you have access to an outdoor space to do it safely. That's it. You're done. This can be repeated as many times as you want, and it can be tweaked however you want, too. Now that wasn't so weird was it?

snip, snip

reflect

**How did this exercise feel for you? What did you feel in your body?
What did you feel in your heart?**

A photograph of a sunset over a body of water. The sky is filled with soft, pink and orange clouds, and the water in the foreground is dark with small, choppy waves. A distant shoreline with some buildings is visible on the horizon.

forgiveness is not a prerequisite to healing

(but for some it can help)

A Buddhist Prayer of Forgiveness

"If I have harmed anyone in any way
either knowingly or unknowingly
through my own confusions
I ask their forgiveness.

If anyone has harmed me in any way
either knowingly or unknowingly
through their own confusions
I forgive them.

And if there is a situation
I am not yet ready to forgive
I forgive myself for that.
For all the ways that I harm myself,
negate, doubt, belittle myself,
judge or be unkind to myself
through my own confusions
I forgive myself."

WHAT DO YOU NEED TO DO?

TODAY I GIVE MYSELF PERMISSION TO...

This image shows a blank sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. In the bottom-left corner, there is a small, stylized illustration of a yellow leafy branch or plant. The overall appearance is that of a clean, unused piece of stationery or a template for writing.

Recommended Readings



• TRAUMA FOCUSED •

Uses of the Erotic

-Audre Lorde

The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma

-Bessel van der Kolk

Women's Bodies, Women's Wisdom

-Christiane Northrup

Not That Bad: Dispatches from Rape Culture

-Roxane Gay



♦ SELF FOCUSED ♦

Women Who Run With Wolves

-Clarissa Pinkola Estés

The Book of Qualities

-J. Ruth Gendler

The Places that Scare You

-Pema Chödrön



♦ VISIONS OF CHANGE ♦

Emergent Strategy: Shaping Change, Changing Worlds

-Adrienne Maree Brown

Mutual Aid


-Dean Spade



Morning Routine

Creating a simple routine can help your feel grounded, centered and accomplished.

Try to intentionally include 1 or 2 of these into your morning routine and see how it feels.

- 
1. DRINK A GLASS OF WATER
 2. STRETCH FOR 5 MINUTES
 3. RECITE YOUR AFFIRMATIONS
 4. MAKE YOUR BED
 5. STAND OUTSIDE AND NOTICE THE WEATHER
 6. CREATE A LIST OF WHAT YOU WANT TO ACCOMPLISH FOR THE DAY
 7. FIND 1 THING THAT BRINGS YOU JOY AND INCORPORATE IT INTO YOUR ROUTINE

Song Recommendation:

Beautiful by Carole King

Bedtime Routine

Keeping a routine before bed signals to our bodies that it's time to wind down and prepares our brains for sleep. Practicing the same rituals each night before bed can support us in feeling safe and present to the moment. When incorporating these into your routine, complete each step with mindfulness and intention.



READ A BOOK OR A PASSAGE OF POETRY THAT CALMS YOU.

TAKE A HOT BATH WITH EPSOM SALT, BUBBLE BATH, A CANDLE OR ANYTHING THAT BRINGS YOU COMFORT.



WRITE DOWN 3 THINGS THAT HAPPENED THAT DAY THAT YOU ARE GRATEFUL FOR.



LIGHT AN INCENSE OR ESSENTIAL OILS DIFFUSER WITH LAVENDER, CHAMOMILE, YLANG-YLANG OR FRANKINCENSE FOR RELAXING AROMATHERAPY.

WASH YOUR FACE AND IMAGINE CLEANSING THE STRESS FROM THE DAY.

DRINK A CUP OF SOOTHING TEA



MEDITATE FOR 5 MINUTES WHILE VISUALIZING YOURSELF GETTING INTO BED AND FALLING ASLEEP

NIGHTMARES

AND HOW TO MANAGE



Dealing with dreams that are about, or reference, or trigger our trauma is a different thing entirely compared to regular nightmares. No matter the kind of dream, dreams are our mind and body's way of integrating our experiences and making sense of them. All dreams hold marvelous potential for growth and self-understanding when investigated with care, nightmares included. However, investigating nightmares is not always the best route to take. You might not want to for several reasons, it might make things worse, maybe what you need is just one night's sleep without them.

To help prevent nightmares

Before bed, partake in any number of activities mentioned throughout this book, such as reflexology, yoga, tea meditation, and the bedtime routine, or another activity that relaxes and grounds you. Next, and this part is the most potent, revisit the page on affirmations. Create one specifically suited to your needs around nightmare prevention, perhaps even directing your energy towards manifesting dreams of a certain topic with an affirmation like "Tonight I will dream about ..."

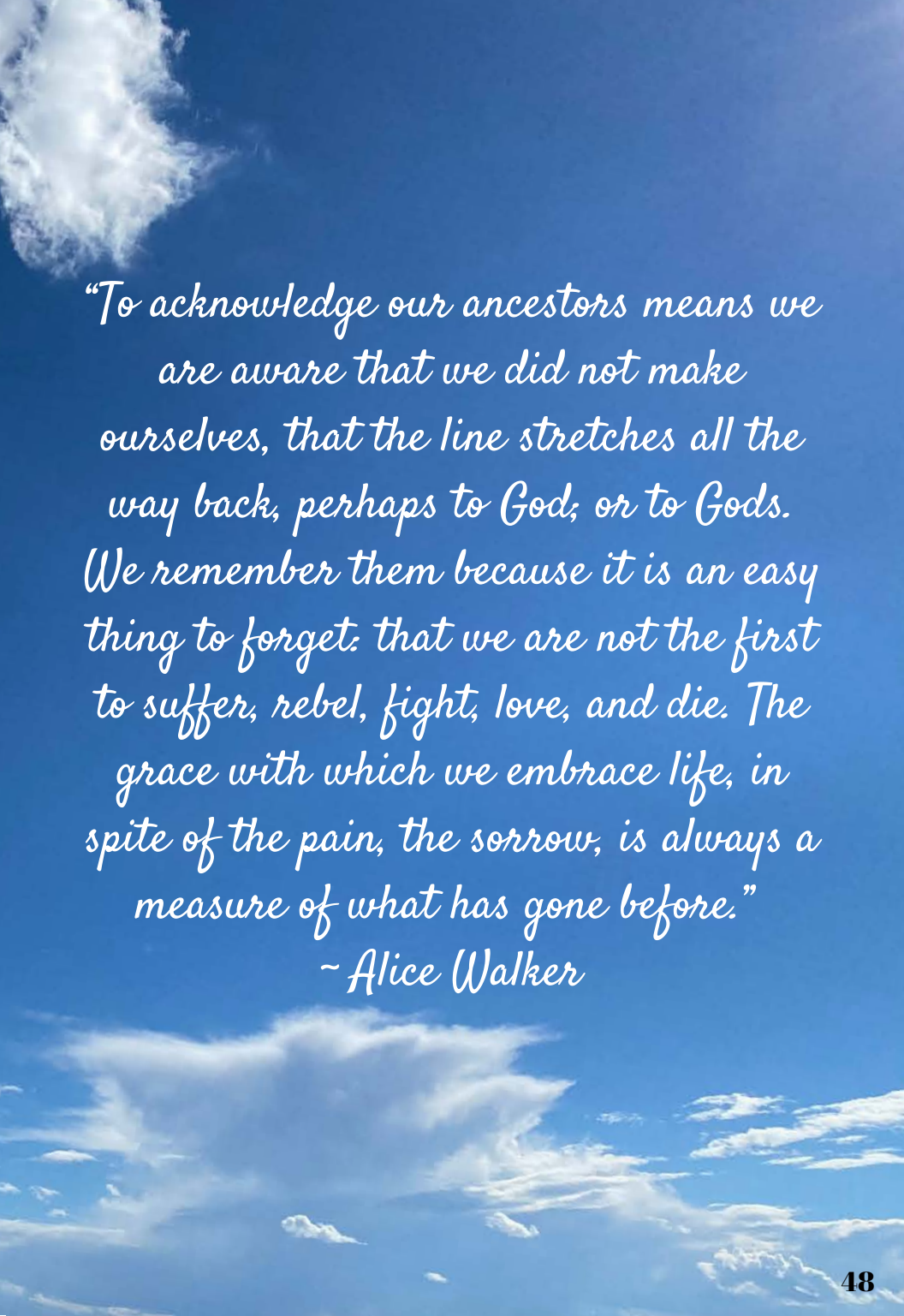


To help recover from nightmares

Once again, seek out some of the activities that are already in this workbook, like what to do when you're triggered, EFT Tapping, or breathwork. If you have someone close to you that you can confide in, let them comfort you. Feel your feelings, find a productive outlet, anything that works for you, like listening to music or taking a hot shower. It might take some time to fall back asleep. In that case, occupy your time outside of bed with a book or a meditative practice until you're sleepy again.

To engage with nightmares over time

If you're interested in forging your own path to "work through" your nightmares, understand your mind and your trauma better, look into keeping a dream journal. There are many resources on how to do this available with a quick internet search. The main components of dream journaling are writing down your emotions as soon as you can in either a notebook you keep near bed and to write down any events you can remember. Eventually, you might find a pattern that enlightens you, comforts you, or helps you understand yourself more.

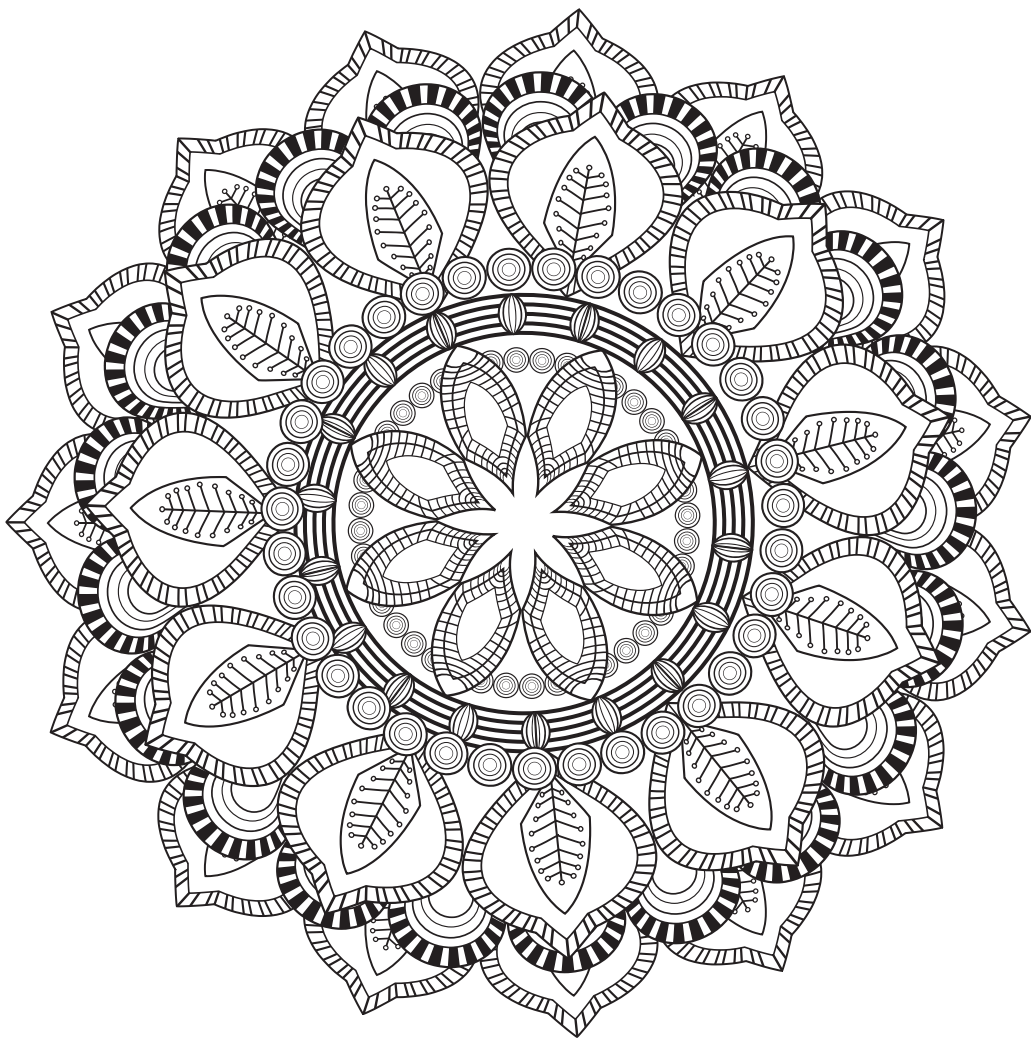


"To acknowledge our ancestors means we are aware that we did not make ourselves, that the line stretches all the way back, perhaps to God; or to Gods. We remember them because it is an easy thing to forget: that we are not the first to suffer, rebel, fight, love, and die. The grace with which we embrace life, in spite of the pain, the sorrow, is always a measure of what has gone before."

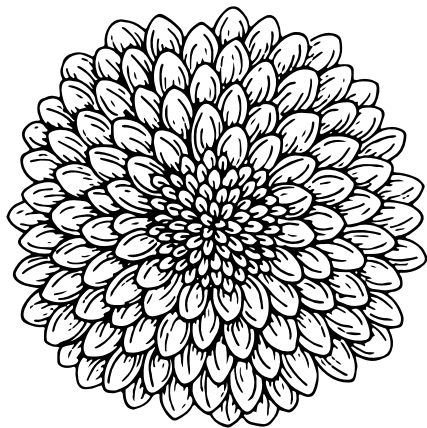
~ Alice Walker

Art Therapy

Coloring or making art is a creative coping skill you can use to refocus your attention, calm down, and be present to the moment.



Another page to color in and draw on...





What do you need?

My body needs...

My mind needs...

My soul needs...



What do you want?



My body wants...

My mind wants...



My soul wants...

I'm at peace,
I'm greatly loved,
protected and taken care of.

