



Sacred Healing

Holistic Healing
Specializing in Birth Trauma

Prescription For Health

Similarly to when you go to an MD and ask for a prescription, I would like you to go within yourself and create your own prescription for optimal health! As you know, the key to processing trauma is making space in your nervous system so that you have the coping abilities that will allow for you to look at and release trauma without going into a healing crisis. The process of healing should be gentle and done at your own pace. Please fill in at least one action in each of the three categories below and print this out and place it somewhere that you will see it every day. Just as an MD will stress the importance of finishing a prescription of antibiotics and not missing any days, set the intention to follow your prescription with the same diligence! In order to to be successful, start with a really manageable self care goals. Remember, the goal of this prescription is to add pleasure to your life, not more stress! For example, even if you decide that five minutes a day is all that you can manage to meditate for, that is ok! That's five minutes more than before you started and that is a perfectly acceptable goal! As always, be gentle with yourself! Most of us typically aren't used to taking time to nurture ourselves and this will take practice. If you miss a day, that's ok, set the intention to start again the next morning.

If you struggle with feeling like you are being selfish by taking this time for yourself, please remember that the healthier you are, the more capable you are of being the parent, partner and all round person you wish to be!!! You can't fully help anyone else if you, yourself are drowning.

I've included three different sections, mind, body and spirit. In order to fully heal we want to make sure that we are addressing all three areas so that we can heal in a balanced and integrated way! Here's some examples of what I mean in each category. Please choose things you already love and know works for you or add new things you would like to try!

Mind: Reading self help / spiritual books, going to therapy, taking an email / phone / internet break etc

Body: Movement of any kind, taking healthy supplements, nourishing your body with healthy foods / treats, getting a massage, having an epsom salt bath etc

Spirit: Meditating, chanting, sitting by a fire, laying under the clouds and taking deep nourishing breaths, walks in nature etc



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MIND

Activity	When?	How Long?	With Whom?
Ex: Reduce internet	once a day	1 hour	alone

BODY

Ex. dance	once a day	one song	with my kids

SPIRIT

Ex. Meditate	before bed 3x a week	15 minutes	alone