



@katiebeecher_medical_intuitive

How to Heal from Trauma

- Allow your painful feelings. Bring them to the surface so you can release them.
- Believe that you can and will heal
- Work on connecting to your body and grounding
- Talk about it. Get help from a qualified professional
- Try techniques like EMDR, which is helpful for PTSD
- Stop blaming yourself. Let go of shame
- Learn to connect to the loving, protective force of your own intuition.
- Release stress, anger, anxiety, etc through physical movement
- Remove negative people and influences from your life
- Learn how to love and nurture yourself.
- Don't compare yourself to others. You are not alone or weird.
- Seek out practitioners who use techniques like art and dream therapy. We can't always express ourselves in words.
- Recognize if you are using food, the Internet or addiction to numb and distract yourself



Coping With Life's Traumas

A Gutmann



Coping With Lifes Traumas:

Ignite the flame of optimism with is motivational masterpiece, Find Positivity in **Coping With Lifes Traumas** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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