

Healing Tools For Mind and Body

*The mind and body are inseparable - the mind affects the body,
and the body affects the mind.*

**Bring some awareness to the following areas which create blocks in your life:
Blocks can be behaviors, patterns, beliefs, or thoughts you'd like to change.**

- Unhelpful Thoughts?
- Limiting Beliefs?
- Projection outward onto others?
- Behavioral patterns that feel problematic or automatic?

Notice what connection those thoughts/beliefs/behaviors may have.

How do you FEEL in your body when you think those thoughts?

What do you notice in your embodiment when you believe those beliefs?

How do you engage with others when you are in that state?

What behaviors do you take part in when you are feeling/thinking/believing those things?

The mind is constantly on the lookout for threat, both real and imagined.

The brain's job is to keep you alive, safe, and reactive to your environment.

This is why it is important to train our brain to check the facts, self-regulate, and stay in the present moment.

What are perceived threats/triggers in your experience?

Think back to the past, how have you been triggered?

Physical

Mental

Emotional

Relational

Spiritual

Financial

It is crucial to Know Our Triggers - what evokes fight/flight/freeze response (conscious and subconscious).

Reflect on physical discomforts/symptoms/flare-ups of autoimmune issues – what was going on in your mind/body?

Reflect on past emotional dysregulation – what was going on in your mind/body?

Assess unhealthy/reactive coping mechanisms – what is your mind/body trying to do? What does it need?

Make a list of your Needs (ex. Safety, Calm, Quiet, Peace, Protection, Confidence, Wisdom, Meditation, Visualization, Mindfulness, Slowing down, Patience, Grace, Assessment, Awareness, Attunement, Embodiment etc.)

Practice:

Employ those needs in all situations. Memorize and embody those needs in all interactions, situations, experiences.

Seek to get those needs met in creative ways.

List some creative ways of embodying those needs:

Meeting Needs:

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Self-Healing Practices (for Mind/Body Regulation):

1. Create Safety in the Mind/Body - (Orienting to your space in the here and now)
2. Be Gentle with the Mind/Body - Pause, Reflect, Practice Ease
3. Know Your Triggers - Identify and Build Awareness around triggers (take ownership of them)
4. Reframe/Create Less Activating Associations with Triggers – Check the Facts
5. Mindfulness/Spirituality Practices
6. Self-Care Practices - Attunement to your individual needs
7. Embrace Flow/Movement in Mind/Body - Avoid Stagnancy/Stuckness/Resistance
8. Practice Acceptance
9. Nurturing Self-Talk
10. Internal Resourcing – Give to yourself what you identified your needs to be

Feel free to reach out if you'd like to learn more about these self-healing practices or get support along your healing journey.