

TRAUMA Impacts and Healing Tools for Mind / Body

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

How do your struggles with physical symptoms affect your mind?

Thoughts?

Beliefs?

Projection outward onto others?

Behavioral patterns that feel familiar or safe?

Trauma is not physically/literally held in the muscles, cells or bones.

It is the need to protect ourselves from perceived threats which are stored in the brain, our memory, the emotional centers of the brain (such as the hippocampus and amygdala) and our Nervous System.

Hippocampus - plays a major role in memory and learning

Amygdala - Regulates emotions (ex.fear/aggression) Ties emotional meaning to our memories
Reward Processing
Decision Making

What are perceived threats/triggers in your experience?

Physical, Mental, Emotional, Relational, Spiritual, Financial, etc.

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
- ☐ Reflect on past emotional dysregulation
- ☐ Assess unhealthy/reactive coping mechanisms
- ☐ Identify your needs



Self-Healing Practices (for Trauma):

- 1. Aim to Create Safety in the Mind/Body - (Orienting)**
- 2. Be Gentle with the Mind/Body - Pause, Reflect, Ease**
- 3. Know Your Triggers - Identify and Build Awareness**
- 4. Reframe/Create Less Activating Associations with Triggers**
- 5. Mindfulness/Spirituality Practices**
- 6. Self-Care Practices - Attunement to Needs**
- 7. Embrace Flow/Movement in Mind/Body - Avoid Stagnancy/Stuckness/Resistance**
- 8. Practice Acceptance**
- 9. Nurturing Self-Talk**
- 10. Internal Resourcing - Know Your Needs**