

Post-Session Self-Care:

- Take a rest or nap.
- Be kind to yourself, recognizing that you have been through a process of release and transformation
- Refer to your personal list of resources, those ways that help you come back to calm and regulation when feeling off-balance or stressed. Engage with one of those resources.

Tools and Resourcing Suggestions:

- Bring your attention to your breath, deliberately breathing more deeply and slowly. Use a longer exhale than inhale. Repeat several times
- After a few deep and conscious breaths, scan your body and see what you notice. Breathe into any parts that still hold tension. Take a few deep breaths with slow releases until you notice a deepening relaxation in your body
- Engage in physical movement such as yoga, stretching, dancing, swimming or gardening. Keep it at a low-intensity level

- Spend time in nature. Take a gentle walk or sit by a stream, in a park or with your back against a tree. Let your bare feet touch grass
- Spend quiet time in meditation or prayer, or journaling and reflecting on your thoughts and feelings
- Listen to your favorite music or make music! Play an instrument, sing a song, chant, “Om” or hum
- Take a relaxing shower or Epsom salts bath
- Do several rounds of Silent Tapping. Start tapping on any point and keep going, no words are necessary. Continue until you feel more settled



Please do not hesitate to contact me via email or phone if you are still feeling highly emotional or un-grounded after trying the above tips.