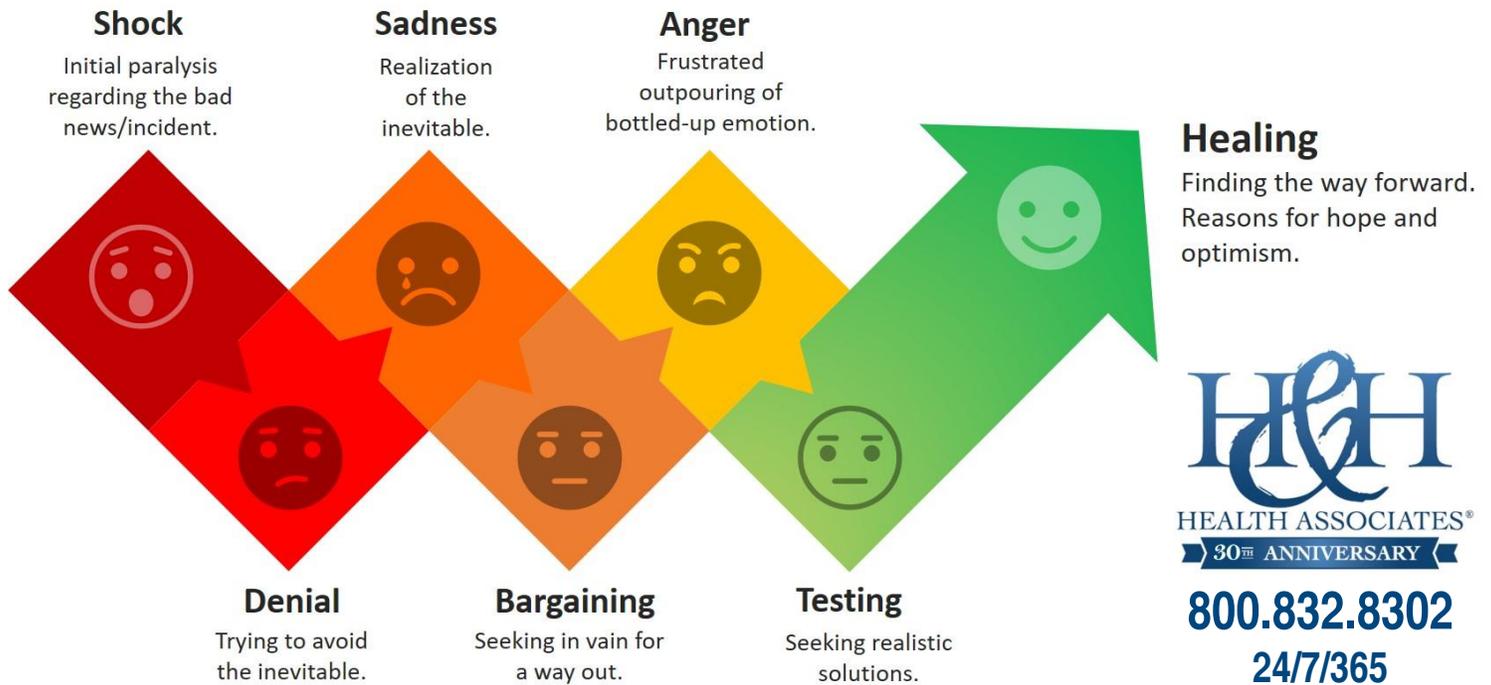


Path to Healing

H&H Health Associates, Inc.
800.832.8302 – 24/7/365
Your Workplace Wellness & EAP Partner

When faced with a traumatic experience, people typically encounter some common stages. There is no right or wrong way to go through the process and it's not unusual to go back and forth or get stuck in a stage.



Ways to Care for Yourself

It is important to remember that everyone emotions differently.

One way to help during this process is to be compassionate towards yourself. Please see these ideas as suggestions only.

Give Yourself Permission



Trauma shouldn't be something we get over or move through quickly. Give yourself permission to take time. Do whatever it is that feels comforting to you, regardless what others may think.

Be Gentle with Yourself



Treat yourself as you would treat a good friend going through the same situation. Be kind to yourself and put any self-criticism and judgements aside. You are doing the best you can.

Avoid Harsh Environments



Avoid TV news, horror movies and loud crowds. Surround yourself with your favorite books and soothing music.

Eat Well & Move Your Body



Don't numb yourself with junk food. If you don't have much of an appetite, eat healthy foods in small portions. Moving your body will also help you to clear your head and be in the present moment.

Find Support



It may be tempting to isolate yourself from others, but tremendous healing can take place with others. Find support from friends, family, your EAP, H&H Health Associates, and other trusted resources.

Spend Time in Nature



Spending time outside and around animals can be grounding and bring you fully into the present moment. Take everything in and open up your senses to the experience.

Write a Letter



Writing can be a wonderful way to process your thoughts and emotions. Try writing a letter to your present self from your future self. You can also try writing a letter to your loved one and let your emotions flow.

Revisit an Old Hobby or Try a New One



Did you play an instrument in the band? Did you always want to learn how to paint? Now may be a great time to indulge yourself a little and encourage your inner creative to come out to play.