Helpful Tips

Triggers

DISSOCIATIVA

SYMPTOMS

FLASHBACKS

NEEDS TO BE

PROCESSED

types of smudge



clears negative energies from a person, place, or object

and wards off evil and

negativity



good for illnesses and relaxes an overwhelmed

darkness and lower



topacco increases communication and connection with Spirit

uniper berry

fears and unresolved



rosemany used for purification protection, and clarity

Cavender

system and soothes



and grounds and centers the energy







heals physical ailments

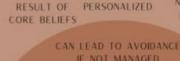


cefar home and invite new beginnings



myork resin





BASED IN THE

PAST

CAN BE

IF NOT MANAGED

NEEDS

SAFETY TO

PROCESS

TRAUMA REACTIONS

HIGHLY

ASSOCIATED WITH TEMP NERVOUS SYSTEM **DYSREGULATION**

NOTHING TO BE ASHAMED

Examples of Self-soothing using the 5 senses



Sound:

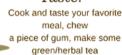
Listen to soothing music, have a conversation with someone who cares, listen to an online meditation exercise



Sight:

Look at pictures that bring up good memories, take a walk and enjoy your surroundings, look up places you want to see online or in a travel magazine







Touch:

Smell: Pet your dog/cat, give Light a candle (your favorite someone you care about scent), sit outside and take in a hug, carry around a the fresh air, buy some fresh small stress ball or soft flowers trinket to squeeze, take a bubble bath

Emotions



"when you doubt your power, you give power to your doubt."

psychologytoday.com positivepsychology.com youtube.com/healingvibrations