Kickstart Your Healing!

Your Daily Trauma Healing Checklist

This powerful checklist will give you a simple daily template so you can heal every single day.

1 ✓

2 ✓

3 ✓

4 ✓

How to use...

Your Daily Trauma Healing Checklist.

Four Daily Practices

The Daily Checklist consists of four practices that will deepen your trauma healing. Every day is an opportunity to heal if you're willing to make different choices. Do these practices consistently and over time you'll experience greater expansion, regulation and healing.

The checklist is very simple to use. Every morning take a moment to consider *when* and *how* you'll incorporate the practices into your day. If you're unsure, consider what you need or want to do first and go from there.

It's important you approach this checklist with gentleness. It's a tool to help support your healing, not a tool to beat yourself up with. You might only do each practice for 2 minutes...and that's ok. And if you tick off just one practice, that's still a win because it's an active step towards consistency and healing. So, aim for 4 but congratulate yourself no matter how many you do.

One Daily Healing Intention

As well as weaving the checklist practices into your day, choose a healing intention to guide how you approach the day ahead. Allow yourself to choose the one that feels right for you. If you're unsure try asking yourself "what do I need most today?" and allow the answer that emerges to lead your choice of intention. Repeat the intention often in your mind and allow it to provide structure, focus and healing intent to your day.

1 Meditate

Developing a daily meditation practice is essential to trauma healing. The benefits are huge. Over time you'll develop greater cognitive control, awaken a deep sense of peace within you and move into greater emotional regulation. There's no 'right' way to do this: use a guided meditation or simply focus on your breath. Even just 2 minutes a day will benefit you - the only wrong way to meditate is not to do it!

2 Mindful movement

Mind-body connection is a central foundation of trauma healing. This isn't just about scheduling-in exercise, try and experience movement in a mindful and embodied way. Yoga is great for this, but any mindful movement is great. Whether you dance for 2 minutes, stretch, walk or use weights, try and 'be in' your body as often as you can. Be with your breath and the sensations in your body, feel your feet on the floor. This is all about the presence and safety that mind-body connection brings.

3 Space to Feel

To heal we have to feel, so at least once a day take time to deliberately notice, feel and allow your feelings. There are many ways you can do this. You can journal, you can talk to a someone you trust, you can feel the emotions in your body (i.e. notice the sensations), you can acknowledge your emotions (i.e. name how you're feeling - "I'm feeling so sad right now"), or you can acknowledge your wounded parts (i.e. reassure the hurt younger parts of you by using 'you' instead of 'I' - "I know you feel so sad right now, I'm so sorry it feels so hard"). Over time try out these techniques and discover what works best for you so you can make authentic emotional self-connection part of each day.

4 Mindful Rest

Your nervous systems need deep rest to heal so, at least once a day, rest deeply and mindfully. This isn't just about stopping or sitting down. When we rest we need to ensure we're activating the parasympathetic branch of the nervous system. Mindful rest (e.g. Yoga Nidra, Non-Sleep Deep Rest or NSDR, body scanning or focusing fully on your breathing as you pause) will have massive benefits to your well-being over time.

What do you need today?

Your Daily Trauma Healing Intention.

Support
I refuse to trash myself - I stay on my own side

Slowness
I slow down and let go

Love & self-compassion
I open my heart and meet every part of me with love and tenderness

Reassurance
I am healing and moving into thriving

Grounding
I connect to my breath, my adult self and my strength

Embracing mistakes
Every mistake is an opportunity to love myself more deeply - I refuse to hold myself to impossible standards

Manifestation
I am creating my dream life

Presence
I pause and connect with each moment

Joy & goodness
I pause, notice the good around me and feel deep gratitude

if these intentions don't work for you, create your own x

Your trauma healing

DAILY CHECK LIST

TODAY'S DATE

DETAILS...

- [ ] MEDITATE _____
- [ ] MOVE _____
- [ ] FEEL _____
- [ ] REST _____
- [ ] INTENTION _____

NOTES...

We're in this together S. x

We‘re in this together.

We have a very active, very wonderful community here, so stay in touch and stay connected.

You can reach us at hello@sarahwoodhouse.com.

Sx

sarah woodhouse

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