



SELF-HEALING  
AFTER TRAUMA

# FREE TIPS FOR RECHARGING AFTER EMOTIONAL EXHAUSTION FROM TRAUMA

A S U R V I V O R S G U I D E

- 1. Understand the Impact of Trauma:** Recognize that trauma often leads to a prolonged fight, flight, or freeze response, draining your physical and emotional energy. Knowing this is normal can be the first step in addressing it.
- 2. Seek Simple Nature Connections:** You don't need grand gestures like climbing mountains or visiting exclusive spas to connect with nature. Simple, everyday connections can offer immense healing benefits.
- 3. Practice Earthing or Grounding:** Make direct, physical contact with the earth. This could be as simple as walking barefoot on grass, touching soil, or lying down in a park. The earth's surface is rich in free electrons and can boost natural energy.
- 4. Utilize the Earth's Electrical Charge:** By grounding yourself, you allow the Earth's natural electrical charge to enter your body. This process can help stabilize your internal bioelectrical environment, crucial for the normal functioning of your body systems.
- 5. Incorporate Grounding into Your Routine:** Make it a habit. Whether it's a few minutes each day or longer sessions a few times a week, regular grounding can significantly impact your well-being.
- 6. Remember It's Low Effort and Cost-Free:** Grounding doesn't require physical exertion, making it ideal for times when you're already exhausted. Plus, it's free and accessible, requiring no special equipment or memberships.

**From inner pain to inner peace**

- Dr. Asher and Kimberly Ward