

MARANDA PLEASANT'S

MANTRA WELLNESS

Creating
the Life
You Want

SHE IS FIERCE

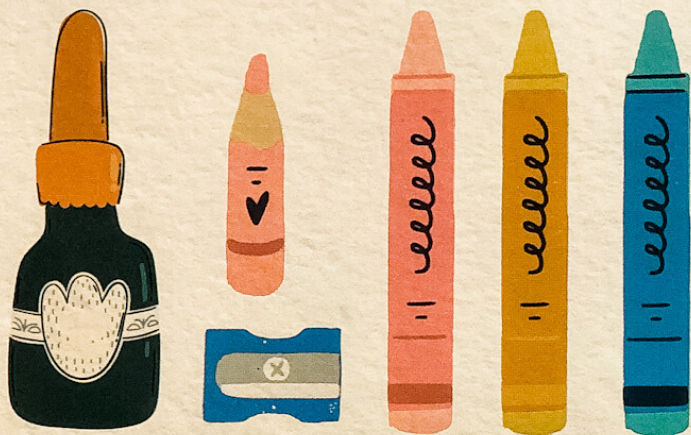


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PREPARING FOR AN EMOTIONAL TSUNAMI

Self-care After an Intense Therapy Session

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GO AT
YOUR
OWN
PACE



As a trauma therapist, I am well aware of how hard it can be to sit in the seat of the client. The work we do can be scary, emotionally draining and, at times, physically exhausting. I often remind my clients at the end of a session to have lots of extra self-care. If you feel tired, drink extra water, go for a walk and journal if new thoughts come up. Many of us know how to care for ourselves after a tough day, but doing something kind for ourselves is another story. Giving compassion to someone in need can feel rewarding, yet giving that same compassion to ourselves can feel difficult at best.

Having a comfort box ready to go after a therapy session or an emotionally intense day can be the perfect physical reminder to slow down and give time to yourself. You can start by asking yourself the question, "How can I give myself compassion and love right now?" Consider activating all the senses and include a variety of comforts. You are the expert on what pleases you.

CUSTOMIZE AND CREATE YOUR COMFORT BOX

Adapt to your needs

- Frankincense oil
- A squeeze ball or a smooth rock
- A journal (to write or draw about what's coming up)
- A small pack with my favorite pens and colored pencils
- A list of reassurances from my meditation teacher
- A few mini collages with images that remind me of places and people I love
- An old letter from one of my teachers
- List of coping skills for when I feel myself slipping towards negative coping habits
- Strong mints, lemon drops or chocolate
- Quotes written on index cards

Have fun making your comfort care box! Pick a container that appeals to you, that's interesting and artful. It should be easy to carry with you. Feel free to decorate the outside with pictures, paint or inspirational quotes. But it can also be as simple as a backpack or some other type of container. Finally, take some time each week to review the contents of your box and make additions or subtractions as needed. Comforting yourself should give you a moment to re-energize and regroup. Treat yourself with kindness and honor your strengths.