

Your Healing Journey

Healing and self discovery is a journey as individual as you are. Healing is not linear and be difficult, ensure you take breaks, keep yourself hydrated, reach out when you need to, take time to be in the moment and breathe.

Sometimes we need to step away and just plan something fun, relaxing or rejuvenating to ensure that we do not become consumed by our healing work.

You are healing be gentle with yourself.

Healing can be messy, and we may find that triggers come up that can present emotionally, mentally or physically. Reach out to friends, medical professionals or a therapist when you need to.

The journey will require different wellness tools. Attached you will find a Wellness Toolbox. This is a place for you to write down all the the skills or tools that you have learned, keep it in a place that you can refer to during difficult times to help remind you what you can draw on. During difficult times we can easily forget the tools we have in place.

I'll share with you some of the things that I have in my toolbox:

- Listen to podcasts
- Journal
- Music - Trevor Hall, Frequency Music
- Time alone - in nature, have a bath
- Create - colour, draw, write
- Create a routine
- Deep breathing
- Meditation
- Have coffee with a friend
- Watch a comedy

It is also important to remember everyone's healing journey is different, don't compare yourself to others. What works for one person may not work for another.

This workbook is not meant to replace to any medical support you are receiving.

Where do you start when creating

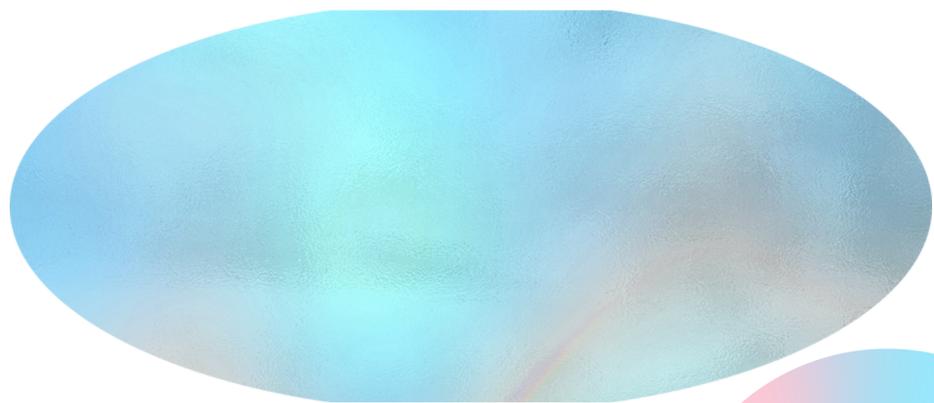
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Wellness Toolbox

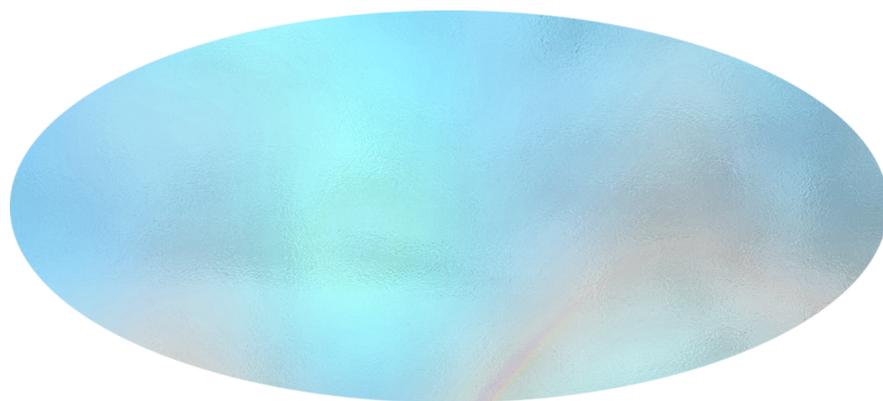
What situations causes you stress? anxiety? feelings of being overwhelmed?
You may want to add to the list as things come up.

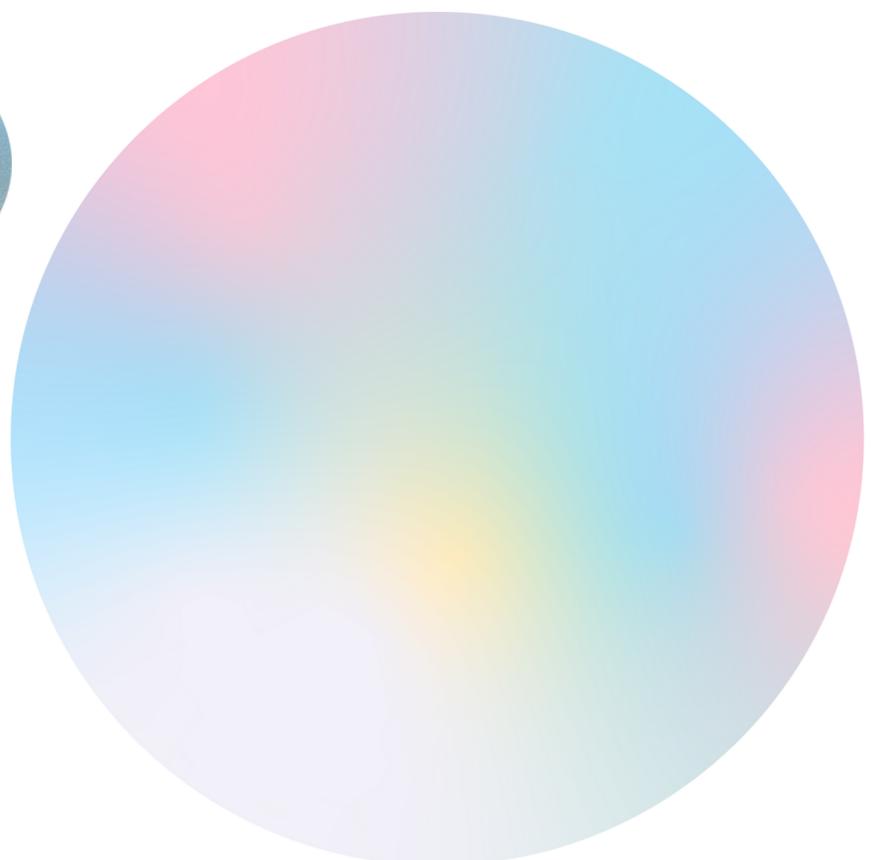
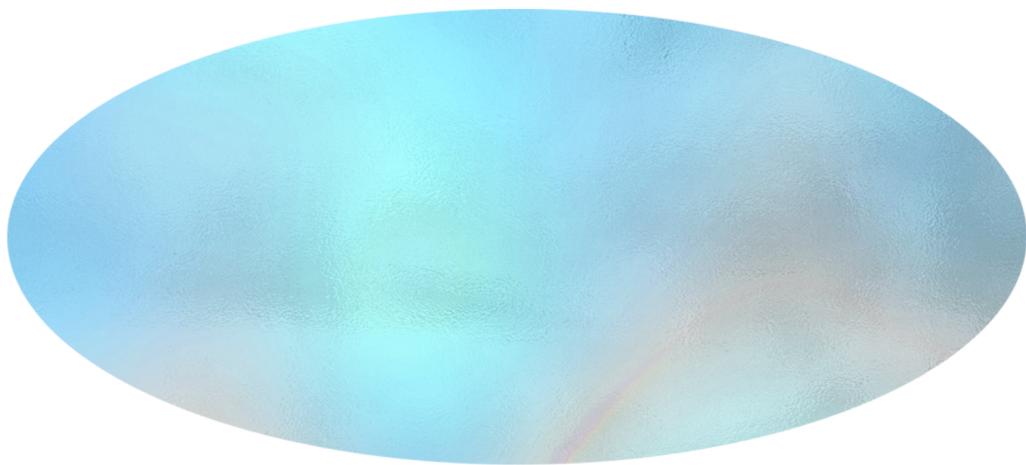
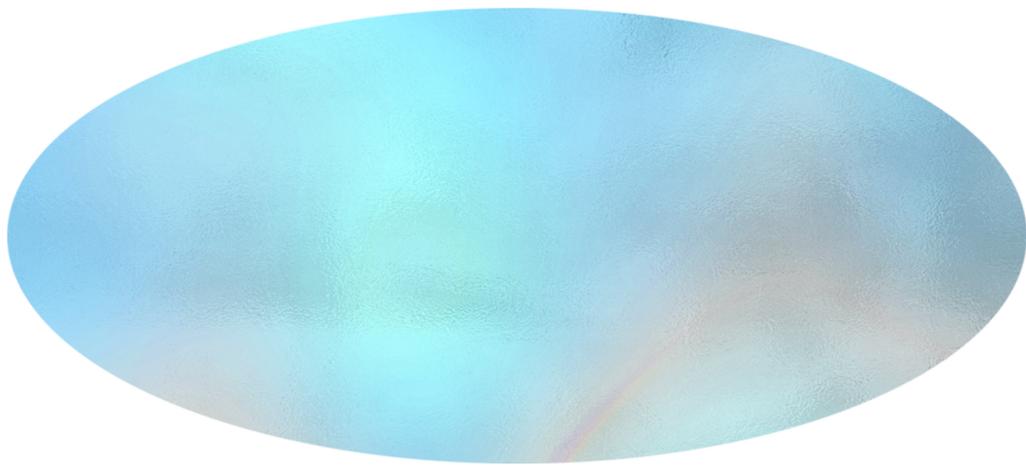
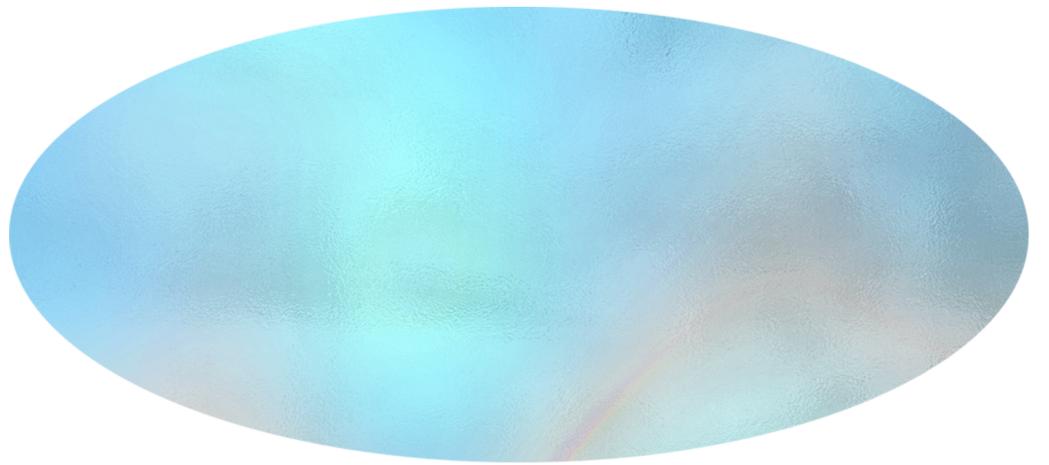
What did you do in the past to help you get through the experiences
that you shared above?

Record the ideas that you wrote above and add your ideas to the bubbles below.
Keep these pages handy, and add to them as you discover new ideas to take care of yourself.
During difficult times, it can be useful to refer to your toolbox as needed.
You can even share with a friend or partner so that they can remind you to refer to it.



Wellness Toolbox





This Wellness Toolbox is a place to record all of the skills and tools that you have learned on your wellness journey. Keep your toolbox handy and refer to it when you need a quick reminder of all the ways that you can take care of yourself.

Here are some examples to get you started - listen to music, walking outside, calling a friend, having compassion for yourself or ensuring that you get enough sleep.

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Birch Tree Apothecary & Wellness