10 Tips On How to Heal Trauma

- 1. Acknowledge the event
- 2. Seek and accept support
- Practice self-care
- 4. Focus on your physical health
- 5. Practice mindfulness or meditation
- 6. Do something fun and creative each day
- Avoid addictions
- 8. Get back into your routine
- 9. Journal your experience
- 10. Don't rush the process



Tips Trauma Healing

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