

THE EMPOWERED MINDSET COACH

FOUR SIMPLIFIED STEPS TO FASTER RECOVERY AFTER HEALTH TRAUMA

Recovering From Health Trauma can be a complex and challenging journey.

Remember, each person's journey is unique, so adapt these steps to suit your individual needs. Let's embark on a path of healing together!

Amy x
The Empowered Mindset
Coach



STEP ONE

A Support System Is Crucial!

Recovering from a health trauma requires a strong support system, otherwise you can often feel alone and isolated.

Reach out to loved ones, friends, or support groups who can provide emotional support during your recovery. If you've recently recovered from life threatening illness, the people around you may not realise that you are struggling mentally, as they have focused so much on you achieving your physical health.

If you struggle with this, or don't have the right people immediately around you, then connect with online communities or forums where you can find others who have gone through similar experiences.

Never face this ALONE.

STEP TWO

Goal Setting

Establish achievable goals during your recovery can provide a sense of purpose and motivation, consider the following:

Set realistic long and short term goals - if your goals aren't realistic or achievable then you are already setting yourself up to fail. Which means that when you don't achieve them you will feel disappointed or upset with yourself. Break larger goals down into smaller, manageable steps. Celebrate achievements and milestones along the way to boost your motivation and confidence

STEP THREE

Prioritise self care

Taking care of yourself is crucial to aid your recovery process. Consider the following:

Focus on taking care of yourself physically, mentally and emotionally. Ensure that you get enough rest, maintain a balanced diet and engage in regular exercise appropriate for your condition. Practice relaxation techniques such as deep breathing exercises, meditation or yoga to try and manage stress and promote overall wellbeing. Engage in activities you enjoy and that bring you a sense of fulfilment and happiness.

STEP FOUR

Embrace patience and acceptance

Recovery takes time, and its important to be patient and kind to yourself during the process. Understand that recovery is not always a linear path, setbacks and challenges can occur. Accept the changes in your body, routines or abilities and work towards adapting to your new normal. Seek support from those who have been through health trauma, if you are struggling with acceptance or adjusting.

As always, be kind to yourself x