HEALING JUSTICE LDN

AFTERCARE MENU

Here are some approaches to care for yourself in the way you might need following the session/training/ workshop/organising.

If an approach is working for you, take notice of the internal shifts to help increase the positive effects. If you try one approach and you are not feeling a positive shift, give yourself permission to adapt the practice or stop and try something else.



Need to discharge:

How to recognize this need:
You may feel restless, agitated, hurried, hot, or pressured

Approaches

- Put on some music you love and dance for five minutes non-stop & shake it all out!
- Deep inhales with loud sigh/ groaning exhale
- Emotional Freedom Technique: Try tapping the kidneys and chest area gently with the intention of release. You can also find resources online for more guidance, such as this video by Maryam Hasnaa
- Herbs to connect with: sage & peppermint. You can use both or either of these as a herbal tea (try to obtain loose leaf & organic herbs). You can also use these herbs as essential oils, and burn or diffuse them in your space by adding 2-3 drops to water

How to recognize this need: You may feel lonely, empty, cold, collapsed, or sad

Need to self-soothe:

Approaches

- Hug yourself and/or hold your hand
- Sit with a heavy blanket covering you
- Place one hand over your heart and one on the back of your neck or visualise this
- Place one hand over your heart and one on top of your stomach and connect with your heartbeat and breath or visualise/ bring awareness to these areas
- Herbs to connect with: rose & chamomile. You can use both or either of these as a herbal tea (try to obtain loose leaf & organic herbs). You can also use these herbs as essential oils, and burn or diffuse them in your space by adding 2-3 drops to water
- Box Breathing, see this short video for how and see this version (without speaking) on this video if you're ready to get stuck in 🔗

How to recognize this need: You may feel spacey, disconnected, confused, numb, or lost

Need to ground:

Approaches

- Walk or stand barefoot on the ground, press your feet into the ground.
- Rollback shoulders/ drop shoulders/ visualise dropping shoulders
- Put hands on the earth/in soil, connect with the feeling of the earth
- Affirm; holding your chest and say 'I am here, I am safe, I am loved and protected'
- Hold a rock, stone, crystal, leaf

How to recognize this need: You may feel spacey, disconnected, confused, or lost

Need to locate or orient:

Approaches

- Senses: notice your environment by listing all you can smell, touch, hear, taste, and see (you can describe it out loud or to yourself to help you re-orient)
- Senses: notice your environment by allowing your focus to become specific, start to list:
  5 things you see
  4 things you feel
  3 things you hear
  2 things you taste,
  1 thing you smell
  (you can describe it out loud or to yourself to help you re-orient)
- Wash your body with a cool/warm cloth gently to recalibrate in the body



This is aftercare sample has been compiled by Healing Justice Ldn with contributions and support from Nkem Ndefo of Lumos Transforms.