

Embodiment Practices — After Care



Thank you for coming to work with the body. Thank you for trusting me. Most importantly thank you for trusting yourself.

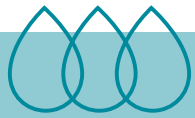
Any work we do on, with or in relation to the body - from the gentlest meditation to the deepest physical activity - will have an impact on us.

We may feel it strongly or hardly at all, but 'the work' continues after 'the session' has ended.

Think of the muscle fatigue you might experience after strong exercise, or the way you feel as you emerge from a meditation, or what happens to your system after being in nature, or your perception of a situation after having a good cry.

In the hours, days and weeks that follow, it is important to support yourself well.

Ways to Support Yourself Well —



WATER

Drink plenty of water in the 48 hours after the session, more than usual

Shower / bathe / swim, if you want to add magnesium salts or sea salt to the bath that can be helpful too but only if you know that is ok for you (some people are sensitive to this)

Move your thoughts onto paper, let them flow.... journal what is coming up for you



AIR

Take conscious breaths throughout the day

Take releasing breaths in and out through the mouth with a sound if you can

Play, watch a fun movie, play a game, play a musical instrument if you can, sing - even if you think you can't



FIRE

Move your body in a way that feels good, not like punishment. If you exercise, do that but ease off giving it maximum effort. Be with your body.

Get a cuddle / ask for touch / have a massage / self massage

Light a candle

Light a fire (somewhere safe)



EARTH

Get out for a walk in nature

If you can't access nature outside, spend time gazing at some nature in the place you call home

Take your shoes off and stand on the ground

Hold a crystal / something you associate with earth

Prepare and eat a healthy non-processed meal

Rest

Most importantly find the right way for you to keep the energy moving.



It can be a lot to experience the body having strong sensations, emotions and thoughts. I encourage you to use these supportive techniques when this happens, not to calm it down but to allow its passage. You may also want to mention to those people around you that you need this time and space to integrate and to be gentle with you.

Things to avoid

Here are some things you might feel tempted to do but which move the attention away from your process and may not feel supportive to you / your nervous system.

- *Eating too much food, eating after you already feel full*
- *Consuming strong substances that are stimulating in the short term (sugary / carby foods , alcohol, caffeine, cigarettes, recreational drugs)*
- *Doing lots of research about the process you are in, therapies that you think you need, what to do next - the answer is not outside of you. You can come to this research in due course but for now let yourself be in what is happening**
- *Trying to explain it to someone else (partner/friend) who may not know what to do with it**
- *Projecting / arguing with someone / ranting about the state of the world*
- *Self judgement about any of the responses you are having*

If you catch yourself in any of these, that's ok. Now is the time to be compassionate, loving, gentle and even soft with yourself. Speak to yourself as you would speak to the ones you love the most and when you can, redirect your attention to one of the "Support Yourself Well" practices.

* This does not mean stay alone in your process. If you need the support of a therapist or to employ the practices you already use to support yourself, please use those during the follow up.

Possible sensations

Some sensations you might experience (this is not a comprehensive list, everyone's experience is different):

- *New sensations in the body*
- *Dizziness / vertigo*
- *Alertness or fatigue / need to sleep more than usual*
- *Extreme happiness / giddiness / silliness*
- *Strong emotions*
- *Particularly intense sensations in the hands and / or feet*
- *Headaches*
- *Seeing lights and / or colours*
- *Vivid dreams*
- *Irritation*
- *The need to use the bathroom more often than usual*
- *Shaking*

Trust your experience. Allow it to keep unfolding. It may sometimes be a little uncomfortable. Allow yourself to explore any further sensations that arise over the coming weeks and months and use the practices listed above, or ones you already work with, to support yourself.

If you are experiencing a discomfort that does not change within 48 hours, and you are present with it, then please contact me.

Most of all, be kind and gentle with yourself.

Much love,
Cat

