

Aftercare Menu

Healing Justice Ldn

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

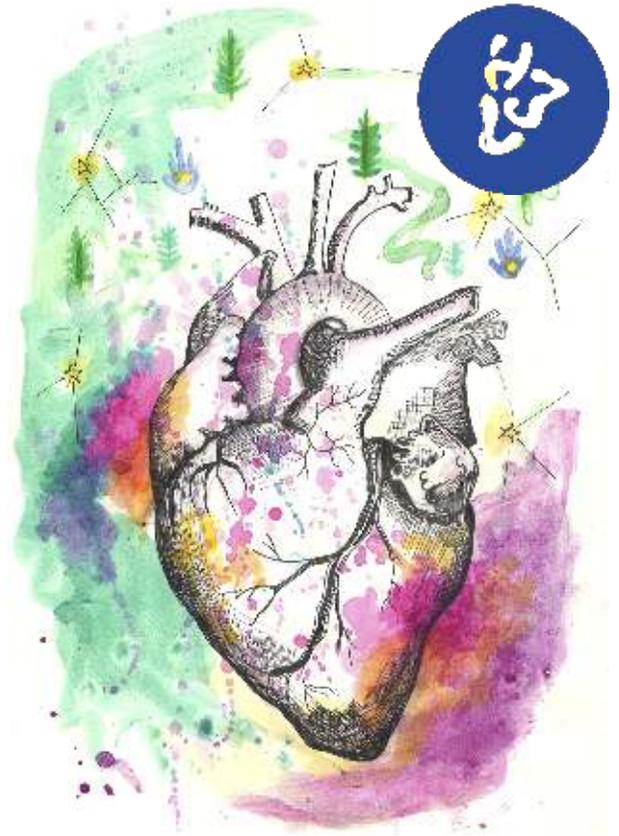
If an approach is working for you, take notice of the internal shifts to help increase the positive effects. If you try one approach and you are not feeling a positive shift, give yourself permission to adapt the practice or stop and try something else.

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.

Need to self-soothe:

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

Need to ground:

- How to recognize this need: You may feel spacey, disconnected, confused, numb, or lost
- 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 in your hand for a period of time. Connect with the texture and feel.

Need to locate or orient:

- How to recognize this need: You may feel spacey, disconnected, confused, or lost
- 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](#)