



# THE ULTIMATE TOOLKIT FOR TRAUMA- INFORMED SELF-CARE



GENTLE WAYS TO  
REGULATE, RECONNECT,  
AND RETURN TO YOURSELF

## **What Makes Self-Care Trauma-Informed?**

Trauma-informed self-care is rooted in choice, safety, and body awareness. Many survivors feel overwhelmed by traditional “self-care” checklists, which can feel performative or triggering. This guide honors that your healing is deeply personal.

You don’t have to push through discomfort to feel better. You get to move gently.

This toolkit is not about fixing yourself—it’s about supporting yourself.



# Body-Based Support

When the nervous system is dysregulated, movement and sensory input can help bring you back to safety.

Try these:

- Sway or Rock: Gently sway side to side while seated or standing.
- Hand on Heart or Belly: Use light pressure to soothe your system.
- Grounding Touch: Hold a warm object, like a mug of tea or a stone.
- Slow Movement: Stretch, walk slowly, or shake out tension in your limbs.

🌱 Your body knows how to calm itself. Sometimes it just needs permission.

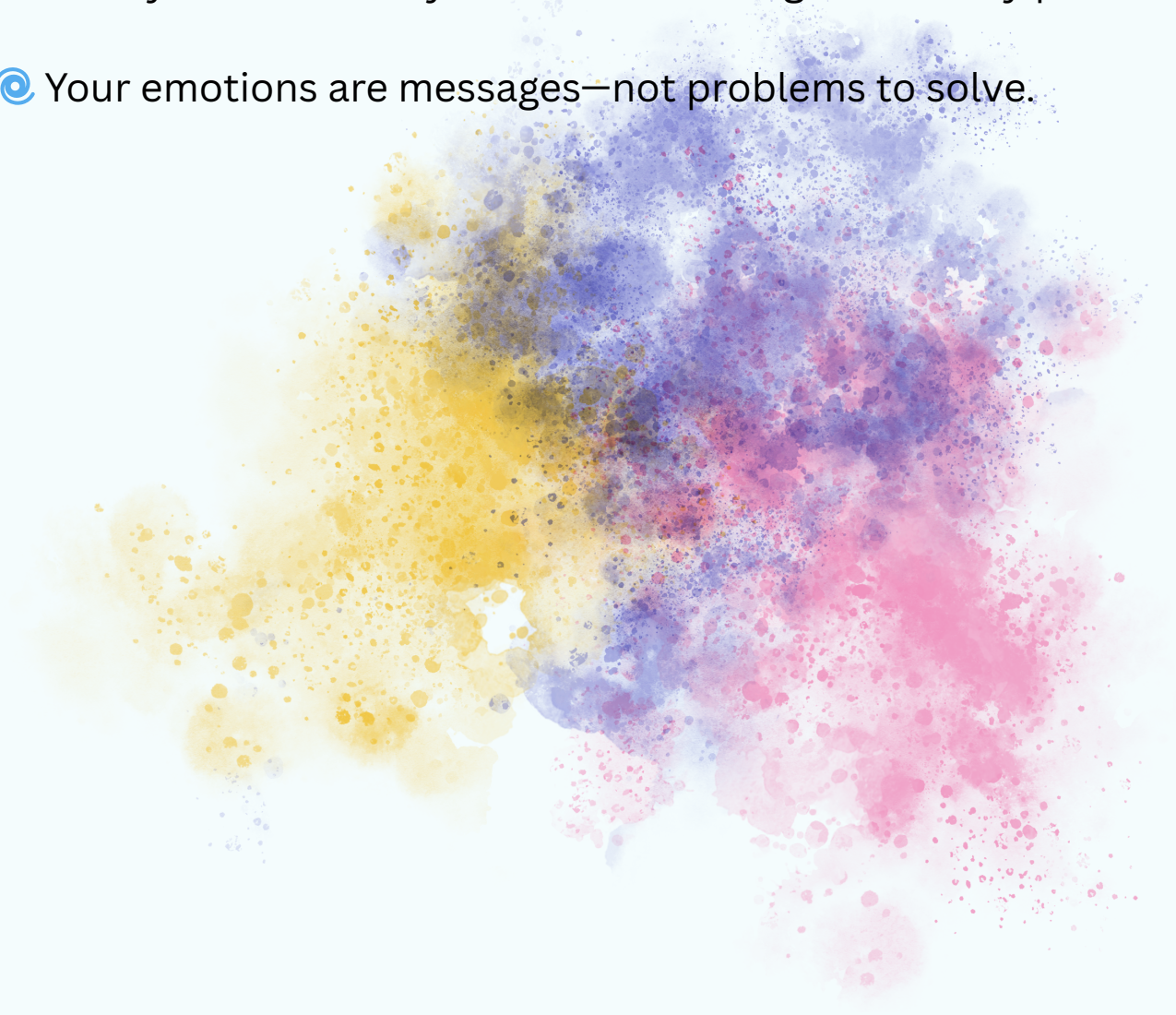
# Mind & Emotional Support

Instead of forcing positivity, trauma-informed emotional care invites curiosity without judgment.

Try these:

- Safe Journaling Prompts: “What am I feeling in my body right now?”
- Name It to Tame It: Saying “I feel anxious” can reduce emotional charge.
- Affirmation (That Doesn’t Bypass):  
“It’s okay to not be okay. I can move through this at my pace.”

🌀 Your emotions are messages—not problems to solve.





# Energy, Environment, and Co-Regulation

## 🧠 Energy Practices

- Self-Reiki: Place your hands gently over your heart, belly, or head.
- Chakra Visualization: Imagine color or light flowing into areas of tension.
- Humming or Sound Healing: Use your voice to self-soothe with gentle vibration.

## 🏠 Environmental Comfort

- Create a Comfort Corner: Soft lighting, textures, scent
- Nature Time: Sunlight, wind, dirt, plants

## 👥 Co-Regulation

- Text a Trusted Friend: “Can you hold space for me?”
- Listen to a Podcast: (Try: The Art of Mindfulness)
- Join a Safe Online Group: (like yours!)

🌸 You don't have to do this alone.



## How to Use This Toolkit

Start small.

Choose 1 tool from each section—or just the one your body feels drawn to today. There is no “right way” to self-care when you’re healing.

Try this:

☐ Today I choose: \_\_\_\_\_

☐ I noticed: \_\_\_\_\_


☐ Tomorrow I might try: \_\_\_\_\_

 Want More Gentle Guidance?

Explore my course:

 Elements of Embodiment

A chakra-based journey for reconnecting with your body and energy after trauma.

 [amielongmire.com/course](https://amielongmire.com/course)

