



TRAUMA PAIN SUPPORT LTD.

BUILDING EMOTIONAL RECOVERY THROUGH SELF-CARE

*Taking care of your mind is just as important as
caring for your body.*

This toolkit focuses on emotional regulation and includes gentle, body-based grounding tools to help you get through the day, even when your mind and body feel heavy.”

www.traumapainsupport.com

WHEN IT'S JUST ONE OF THOSE DAYS...

Understanding the Importance of Emotional Recovery



Some days you just feel off, low, overwhelmed, shut down, or out of sorts. This toolkit is designed for those exact moments.

It focuses on emotional recovery, with gentle, body-based grounding tools to help regulate your nervous system and soften the weight of a difficult day.

No pressure. No fixing. Just something to hold onto.

Some days feel heavier than others.

This toolkit combines emotional check-ins with simple, body-based tools, all designed to calm your nervous system and help you gently come back to yourself.

No pressure. Just a soft place to land.

TRY THIS QUICK RESET

When your thoughts feel foggy or your body feels heavy, try this:

Breathing Exercise

Inhale for 4, hold for 4, exhale slowly for 6.

Do this for 1–2 minutes.

Ground with Senses

- Touch something soft or textured
- Place a cool object on your forehead or hands
- Light a calming scent or step outside for fresh air

💬 Say to yourself:

“This is hard, but I am still here.”



AFTER THE RESET, JUST NOTICE...



This exercise isn't meant to fix everything, just to create space.

Ask yourself gently:

- Do I feel a bit more present in my body?
- Has my breathing slowed?
- Can I name what I feel without judging it?

There are no wrong answers.

Just noticing is progress.

TYPES OF SELF-CARE AS PART OF EMOTIONAL RECOVERY

Physical self-care

01

Includes exercise, proper nutrition, adequate sleep, and rest. A healthy body supports a healthy mind

Emotional self-care

02

Involves expressing feelings, seeking support, and practicing mindfulness to process emotions effectively

Social self-care

03

Focuses on maintaining healthy relationships and connecting with supportive people, whether family, friends, or communities.

Mental self-care

04

Focuses on maintaining healthy relationships and connecting with supportive people, whether family, friends, or communities.

Spiritual self-care

05

Provides purpose and grounding, whether through religion, meditation, time in nature, or personal reflection.

THE ROLE OF PHYSICAL HEALTH



Your body and mind are deeply connected, when you care for one, you support the other. Prioritizing physical health plays a vital role in maintaining emotional and mental balance.



Regular exercise releases endorphins that improve mood and reduce anxiety, while a balanced diet fuels the brain and stabilizes emotions. Quality sleep helps the mind recover, process emotions, and stay resilient.



Even small actions like daily walks, stretching, choosing nutritious meals, or creating a relaxing bedtime routine can make a big difference. Taking care of your body is a key investment in your mental wellness.

SEEKING SUPPORT AND CONNECTION



Reach out to trusted people

Talk to friends, family, or mentors when you're feeling overwhelmed or emotionally drained.



Join support groups or communities

Practice polite but firm responses like “I won’t be able to commit to that right now” to protect your time and well-being.



Seek professional help

Therapists, counselors, or mental health coaches can offer guidance tailored to your needs.



Talk to Someone You Trust

A professional, a friend, a support group, you deserve care too. You are not a burden. You are a human being healing.

YOU MADE IT THROUGH THIS ONE



If today was heavy, you're not alone.
You did what you could, and that's enough.
You can return to this toolkit anytime.

The goal isn't to do it perfectly, just to keep showing up for yourself, gently.
Healing doesn't always feel like progress,
but staying present is an act of courage.