

SELF-CARE FOR TRAUMA, GRIEF + DEPRESSION

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." - Audre Lorde

Dealing with trauma affects every aspect of our body systems, particularly the respiratory, circulatory and nervous systems. Unresolved sadness, anger and grief can manifest as breathing problems, lung dysfunction, stressed nervous system, insomnia, heart problems, anxiety and depression.

Call upon your plant allies! Taking herbs that support and nourish our respiratory, circulatory and nervous systems restores our resilience. To learn about all the different ways to prepare the herbs listed below, visit Herb Affair.

- * *Lemongrass*: is wonderful at supporting depression and relieving tension to the nervous system while nourishing the lungs by helping it eliminate mucus.
- * *Mullein*: soothes and comforts the lungs, helps to ease regret and stimulate gentleness when we are harsh on ourselves and moving through internalized oppression.
- * *Oatsraw*: a highly nutritive herb that nourishes and rejuvenates the nervous system and relieves feelings of anxiety, fear, grief and stress.
- * *Ashwagandha*: an ayurvedic healing herb that strengthens the immune system, reduces anxiety and depression, nourishes the brain and reinvigorates the body.
- * These three herbs specifically nurture the heart, when moving through transition, death, and loss. *hawthorn berries, motherwort, and flower essence of bleeding heart*

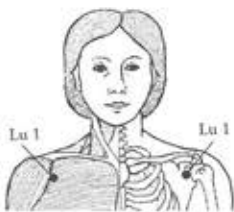
Soak in a healing bath of rose oil and lavender flowers to support your heart in opening up. Add 15-30 drops of rose essential oil and 3 TBS of dried lavender to a warm bath and soak.

Meditate under a Linden tree. Linden trees teach us about the power of healing. Its shiny heart-shaped leaves remind us to follow our heart and reconnect to our power and that which brings you joy.

Draw, walk and/or build your own labyrinth. Labyrinths are sacred symbols of balance and wholeness, representing the journey to our core and back out to the world. These sacred spirals help us meditate on our life purpose and the transitions that support our growth.

Speak your grief aloud into an object that you can bury. Put it back into the ground, the soil, the cycle. Trust the earth to transmute this energy for you.

Do acupressure on yourself!



Acupressure Point: Lung 1 (Lu 1) called Letting Go, can facilitate letting go of grief and releasing emotional pain, depression, frustration, and anger. It is located on the upper outer portion of the chest, three finger widths below the collarbone. Deep breathing while holding Lung 1 opens the respiratory system and clears repressed emotions. Use your left and right middle fingers on the left and right sides, or try crossing your hands. If you cry when you do it, that's great! Crying is an emotional purification, allowing you to let go and renewing your spirit.

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