



## Your Guide to Holistic Healing

1. *Emotional*- Emotions are like indicators. They let us know what we are feeling inside and how to get our needs met. There are two types of emotions: primary and secondary. Primary emotions include joy, sadness, fear, loneliness, and shame. Secondary emotions are how we feel about the primary emotions, so for example you may feel embarrassed that you are sad. Embarrassed would be the secondary emotion. When a feeling comes up, try identifying the primary and secondary emotions and allowing yourself to feel them. Emotions help us get our needs met and process experiences.
2. *Physical*- It isn't glimmers but so much of healing involves taking care of our body. That's why proper sleep, exercise, and nutrition are so important. Our body and nervous system provide essential information into our health. When you feel an emotion start to notice where you feel that in your body. Explore what sensations you feel and whether they are positive or negative. Maybe you will notice a heavy feeling in your chest with sadness, or a warmth in your heart with joy. Starting to notice your body's sensations is one step towards holistic health.
3. *Intellectual (Mental)*- Our thoughts have power and what we spend our time studying and thinking about impacts our mental health. Each day we have thousands of automatic thoughts. Automatic thoughts can be positive, negative, or neutral. Start to notice your thoughts and whether they tend to be more positive, negative, or neutral. If they are negative notice how you can shift them to the positive or make them a neutral. Instead of thinking "that person is frowning, they must be mad at me", think "that person is frowning but it could mean that they have a headache or just thought of something sad, it doesn't have to do with me."
4. *Social*- spending time with safe people in community is imperative for our nervous system. Our parasympathetic nervous system or the "rest and digest" part of our nervous system can find safety more easily by coregulating with a person that is safe to us and is in their own rest and digest space. Spend time doing activities you enjoy with people who you feel safe with.
5. *Spiritual*- Take time to connect with your spirit. Find out what makes you feel alive and fuels your passion for life. Spend time connecting with nature, praying, meditating, or journaling what you are grateful for, explore a new place, or create something that expresses what your spirit wants to say. Take a deep breath and pause for a moment.

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