

Episode Notes

TRAUMA & GRIEF

REFLECTION:

Our minds are wonderful creations that allow us to feel passion, joy, wonder, and experience beauty. Our minds can also torment us with painful memories, unresolved issues, and rob us of peace and joy. There are gifted healers who can help you with the hell your mind sometimes retains or creates. Asking for help is a sign of health – not weakness.

KEY POINTS:

- Traumatic experiences that accompany the loss of a loved one are not uncommon
- Post-traumatic symptoms are also not uncommon and may require additional professional help beyond grieving the loss
- Experiencing post-traumatic symptoms does not necessarily mean that you should be diagnosed with PTSD.
- If you are concerned about your mental and emotional health for any reason, it is a good idea to seek professional help.

STEPPING STONE:

Spend at least a few minutes of your time reviewing your recent experience. Do any of the trauma symptoms or experiences I shared with you sound familiar? If you have trauma symptoms, are you distressed by these symptoms and want to overcome them? If so, consider reaching out to a mental health professional to address your experience.

HEART CHECK

Date:

What have you been thinking and feeling today?

