



## Post-Treatment Care after your Somatic Healing Session

### What's Happening in Your Body? How Can You Best Care for It?

During your session, your body releases stored energies: emotions, traumas, and even other people's energetic imprints that no longer serve your highest good. This release often has a physical impact, which may show up in different ways. To support your body's natural detox and integration process:

- **Rest Deeply:** Your body may crave more rest than usual, especially in the hours or days following your session. This is a sign that your inner healing process is unfolding as it should. Honor this need; your body knows what it's doing.
- **Hydrate Well:** Your body releases toxins through multiple pathways: urination, bowel movements, sweating, and even tears. Support this detox process by drinking plenty of water and replenishing with electrolytes if needed.
- **Nourish with Care:** Treat yourself like someone you love who's under the weather. Choose easy-to-digest, nourishing foods that bring comfort without spiking your blood sugar.
- **Consider a Binder:** If you experience achiness, chills, headaches, or other flu-like symptoms after your session, it may indicate that your body is having difficulty eliminating toxins. Consider taking a gentle binding supplement to assist in removing these toxins.
- **Listen to Your Body:** Above all, trust your body's wisdom. It will communicate what it needs: rest, movement, hydration, or stillness. Honor what arises.

### What's Happening Emotionally? How Can You Hold Space for Yourself?

Energetic shifts often bring emotional releases. You may notice emotions arising that feel unexpected or out of context. This is normal and part of the process.

- **Witness Without Judgment:** Allow emotions to move through you without attaching labels or judgment. Be a compassionate observer of what arises.
- **Journal to Process:** Writing down what comes up- whether emotions, thoughts, or memories- can help you move through and integrate these releases. Journaling can be a powerful way to honor and witness your journey.
- **Pause Before Big Decisions:** After a session, you may experience clarity or feel a desire for change. While it's wonderful to notice these insights, give yourself a few days before making any sudden decisions or life changes. Let the energy settle before taking action.

### **How to Ask for Support**

If you're a caregiver or have responsibilities that can't be easily paused, consider how you can plan for additional support after your session.

- **Communicate Your Needs:** If you share caregiving responsibilities with a partner or another adult, let them know ahead of time that you'll need some downtime after your session.
- **Even Small Shifts Help:** A 20% increase in support, whether it's an extra hand with meals, childcare, or household tasks, can create enough spaciousness for you to rest and integrate.