



Top 10 Trauma-Busting Tips Checklist

How to BUST through
trauma and GROW your
resilience in these
challenging times
...fast!

Dr. Susan Lange, OMD, L.Ac.



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I'm Susan and I'm so glad that you downloaded this checklist! We need it now more than ever!

Challenging times can be traumatic for many people. Those who are resilient can often bounce back. But those who are less resilient (or worn down) can find themselves stressed, shutting down, and struggling to recover.

If that's you, realize it's not your fault. Most people weren't taught the life skills needed to recover from trauma gracefully.

Fortunately, it's not too late to gain those skills. In this checklist, I share 10 simple tips to build up your strength and resilience and get you back on track. Implementing even a few of them will help.

Enjoy!

Susan

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1. Establish Your **RESOURCES**

Connect with anything you love that makes you feel comfortable and settled. It could be your favorite activity, pet, stuffed animal or soft object like a blanket or pillow.



2. Create **SAFETY**

Reflect on what might make you feel safer - even a little bit. If its something you can take immediate action on, do it!



3. Align with a Sense of Your Highest **HEALTH** and **VITALITY**

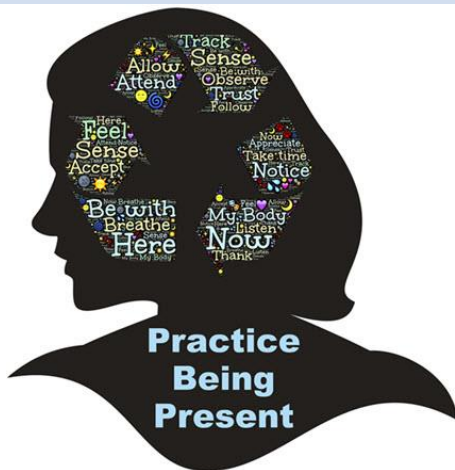
Even if you're having a hard time finding your highest functioning, know that there is always a kernel of health deep inside of you that can pull you through.

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4. Come From a Place of COMPASSION

Remember not to judge yourself or others during the time of trauma. Even if others are struggling, they are doing the best they can, just like you.



5. Come into PRESENT TIME and PLACE

Healing trauma is much easier when you come into the present moment and be where you are now. The brain tends to pull in old trauma patterns from the past, which unless transformed, can complicate the current situation.



6. NAME AND HONOR the Trauma (only if needed)

You don't need to know the full story in order for the trauma to heal. Sometimes, however, the telling of the story in a very resourced way to a compassionate witness can be very helpful.

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7. TRACK your Body Sensations (only if you can)

Gently observe the physical sensations in your body. Is your heart pounding or fluttering? Is your stomach in a knot? Is your breathing shallow? Are your shoulders tense? Your toes or fists clenched?



8. CHRONOLOGY

Is this current or is this history? Have you had this feeling before? Has a similar event(s) happened before? Are you too worried about what might happen?



9. DIFFERENTIATION

Is this my trauma or is it someone else's (called *Second-Hand Trauma*)? Often, if we're sensitive, we may take on the trauma of our family, our children, our partner, our community, our town, our country, our planet. If it comes from outside yourself, ask yourself if you still need to carry it.

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Oxygen Mask Rule:

In the event the cabin loses pressure and oxygen masks drop from the overhead area, **place the mask over your own mouth and nose before assisting others.**



10. YOU DON'T HAVE TO FIX ANYONE

It's not your job to save anyone else. It's really impossible. Your job is to take care of yourself first, and then you can support others. Remember, if you're a parent on a plane, the oxygen mask needs to go on you first.

BONUS TIP!

11. CHOOSE TRIBE and COMMUNITY

Being part of a loving community is the most healing thing you can do for yourself. So don't isolate, but choose your friends carefully.



NEXT STEP



This checklist will get you started.

Now that you've identified the top ten ways to bust trauma, realize...

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...this is just the beginning.

If you're ready to go further and get in-depth instruction on these tips, you can get FREE access to Dr. Susan Lange's 2-part video mini-course.



These videos were recorded at a live workshop she recently gave to a community in trauma dealing with mass wildfires. They cover:

- Why the trauma you're carrying may be more insidious than you thought
- How to recognize second-hand trauma... and how it affects your life
- How to build resilience no matter how rocky things are
- Simple exercises to move beyond trauma and into peace!

Click Here to get access now!

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About Dr. Susan Lange

For over 35 years, Dr. Susan Lange, OMD, L.Ac. has worked with world-class visionaries, thought leaders and business owners who deeply want to contribute to society and create lasting transformation but become exhausted, overwhelmed, and burned out by the challenges, stresses and responsibilities that come with their vision.

She is highly trained in multiple medical and spiritual disciplines from the East and the West, as well as in trauma healing.

Susan also works with families in trauma and supports them in re-establishing the missing links from birth that can enable recovery. Once a solid foundation of safety is created, then healing and replenishment become possible.

She leads retreats, works online and offline in Southern California and consults internationally.

**Essential trauma tips to help you get your peace,
balance and well-being back...**

Click Here to get access to the videos now!

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