

FIND YOUR HEALING

ptsd	Post-Traumatic Stress Disorder: Flashbacks, nightmares, and severe anxiety related to traumatic events
negative thoughts	Negative thoughts that make us believe feel, or behave in self destructive ways,
relationship struggles	Struggles with forming and maintaining healthy, balanced relationships.
low self esteem	Negative self-image and feelings of worthlessness or inadequacy.
depression	Feelings of intense sadness, hopelessness, and a lack of interest or pleasure in activities once enjoyed.
trust issues	Difficulty trusting others, leading to challenges in forming and maintaining healthy relationships.
anxiety	Persistent worry, fear, or nervousness that can interfere with daily activities and relationships.
attachment issues	Challenges in forming secure attachments, often resulting in clinginess or avoidance in relationships.
hypervigilance	Constantly being on high alert for potential threats or dangers.
self doubt	Persistent feelings of doubt about one's abilities, decisions, and self-worth.
fear of abandonment	An intense fear of being abandoned or rejected by others.
sleep issues	Difficulty falling or staying asleep, often due to anxiety or nightmares.
perfectionism	An unhealthy need to be perfect, often driven by a fear of criticism or rejection.
emotional dysregulation	Difficulty managing and responding to emotions in a healthy way.
codependency	An unhealthy reliance on others for validation, self-worth, and identity.
anger & aggression	Increased irritability, anger, and even aggressive behavior.
substance abuse	Using drugs or alcohol as a coping mechanism to numb emotional pain.
eating disorders	Disordered eating behaviors, such as binge eating, anorexia, or bulimia, often related to a need for control.
self harm	Engaging in self-injurious behaviors as a way to cope with emotional pain.
isolation	Withdrawing from social interactions and avoiding relationships.
guilt & shame	Overwhelming feelings of guilt or shame, even for things beyond one's control.

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reiki	A Japanese technique for stress reduction and relaxation that promotes healing by channeling universal life force energy.
healing touch	A therapy that uses hand techniques to balance and align the human energy system.
chakra balancing	Techniques aimed at clearing and balancing the body's energy centers (chakras) to promote overall well-being.
quantum touch	A method that focuses on using the life force energy (prana) to facilitate the body's healing process.
quantum entrainment	A healing technique that uses the power of the mind to align with the body's inherent healing intelligence.
somatic experiencing	A body-focused therapy that helps you process and release trauma stored in the body by gently guiding them through physical sensations.
bodywork	Techniques that involve manipulating the body's soft tissues to release tension and trauma..
bioenergetics	A therapy that combines breathing exercises, physical movements, and emotional expression to release stored trauma.
hypnotherapy	A therapeutic technique that uses guided relaxation and focused attention to access the subconscious mind and address deep-seated issues.
NLP	Neuro-Linguistic Programming. A method that uses language and behavior patterns to reprogram the subconscious mind for positive change.
EFT/ Tapping	A form of psychological acupressure that involves tapping on specific meridian points while focusing on emotional issues.
yoga	A practice that combines physical postures, breathing exercises, and meditation to promote physical and emotional balance.
tai chi/qi gong	Ancient Chinese practices that involve slow, deliberate movements, breath control, and meditation to enhance the flow of energy (qi) in the body.
mindfulness meditation	A practice involving focusing on the present moment with acceptance and non-judgment, which can help reduce anxiety and stress.
aromatherapy	The use of essential oils to promote physical and emotional well-being.
sound healing	The use of sound vibrations (e.g., singing bowls, tuning forks) to promote healing and relaxation.
art therapy	A therapeutic approach that uses creative expression through art to process and heal emotional trauma.
dance/movement therapy	A form of therapy that uses movement and dance to promote emotional, cognitive, and physical integration.
talk therapy	A practice where a person speaks with a professional to work through mental health conditions and circumstances.
breathwork	Breathing techniques that intentionally channel and focus on the breath