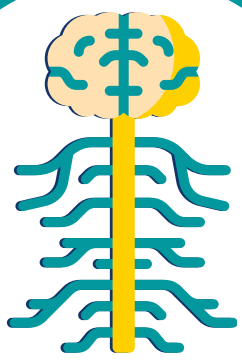


The 3 Roles of the Body in C-PTSD Recovery

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1. Supporting Repair & Recovery of Body

Priority is caring for the Nervous System so it can safely turn off Survival Mode

Exposure to chronic stress marks the body the way a stroke leaves a lesion on the brain. Supporting your body to repair and recover matters.

Nutrition, Diet, Exercise, Sleep, Environment, Supplements are all part of supporting the body (specifically your Autonomic Nervous System (ANS)) to return the body to Safe & Stable operating states, that will allow you to then, successfully navigate growth and healing.

2. Coming Into The Body

Priority is becoming Self-Aware of what the body is telling you through sensation.

Bodily Sensations is a key form of communication between brain-body-mind. This communication can feel unpleasant, and yet, is the way in, if you are to find your way out.

Your awareness comes into the Body to tend to the part of you that has been repressed and cut off long ago, with the intention of recovering the past memory, experience, and context, to release the emotion, and reparent this part so it can reintegrate, leaving you more whole.

3. Body Work

Priority of Body Work is to support the recovery, release, and reparenting of past experiences discarded deep into the body, long forgotten by the Mind, but very present and active in the Brain and Body, that run the day-to-day.

Consider one end of the Body Work spectrum to hold Ancient Practices like Breathwork and Yoga,

the middle of the spectrum to hold Clinical Practices like EMDR and Somatic Massage,

the far end of the spectrum to hold Modern Practices like Boxing, and Zumba

An ideal starting place is a combination of diaphragm breathing 5-min a day, mindful walking 30-min a day and Trauma-Informed Yoga 3x a week.

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WORTH NOTING:

QUALIFIED TRAUMA-INFORMED PRACTITIONERS

While you can navigate some of this on your own, a qualified trauma-informed practitioner is well worth seeking out. C-PTSD is complex. A good practitioner can be the difference between you fumbling in the dark for years, vs, you finding your way out in weeks.

AN IDEAL PLACE TO START?

Self Education while supporting the body with diet, nutrition, sleep, supplements that support the Central Nervous System to repair from ongoing exposure to interpersonal stress. Then find a qualified practitioner to help you better navigate the path out of the proverbial void.

PSYCHEDELICS

Is best served by engaging a qualified practitioner. There is a lot of non-research out there, a lot of legal matters to consider and geographical deviations on top of that.

NO ONE CAN DO THIS FOR YOU

You are responsible for finding your own way along the path, while using the sign posts available to do your own research. There is no one-size-fits-all. What worked for me, may not be helpful for you.

THE PATH HAS OBSTACLES

Trial and error, self-directed research and a willingness to change are par for the course. As you move through this path, you will no doubt come up against challenges that can't be foreseen in advance. A qualified practitioner can help you navigate such challenge.

Finding your way out, is well worth the effort. There is a quality of life after C-PTSD that feels fun, expansive and various degrees of zen.

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