



Are You Ready to Create a Life You Love?

Self-Care for Cycle Breakers

Mental Health Awareness

- Gen Zs & Social media
- Refuse to let stigma interfere with getting help
- Self-awareness, resourcefulness, & desire to feel better
- Unafraid to call out archaic social norms around suppression & secrecy

Societal Limitations

- The problem of labels
- Not taught to think for ourselves
- Diagnosis as life sentence myth
- The question of why?

My Story

- Chronic pain/illness/fatigue
- Anxiety & depression
- Self-doubt & Self-critical
- Perfectionism
- Workaholic

My Story

- Constant pursuit to be fixed
- Lack of compassion & help
- Doctor: “probably for the rest of your life.”
- Health crash
- Bleak prognosis

A New Vision



Following the Breadcrumbs

- What is happening in life is happening FOR you not TO you.
- Repeating messages.
- Anything can happen.
- Bon Jovi

What is
wrong with
you?

What happened to
you?

Connecting the Dots

- Emotional, mental, & chronic physical struggles are trauma symptoms.
- Struggles are a window into the past.
- Mirroring

The root cause of most mental,
emotional, physical, & spiritual
suffering is:

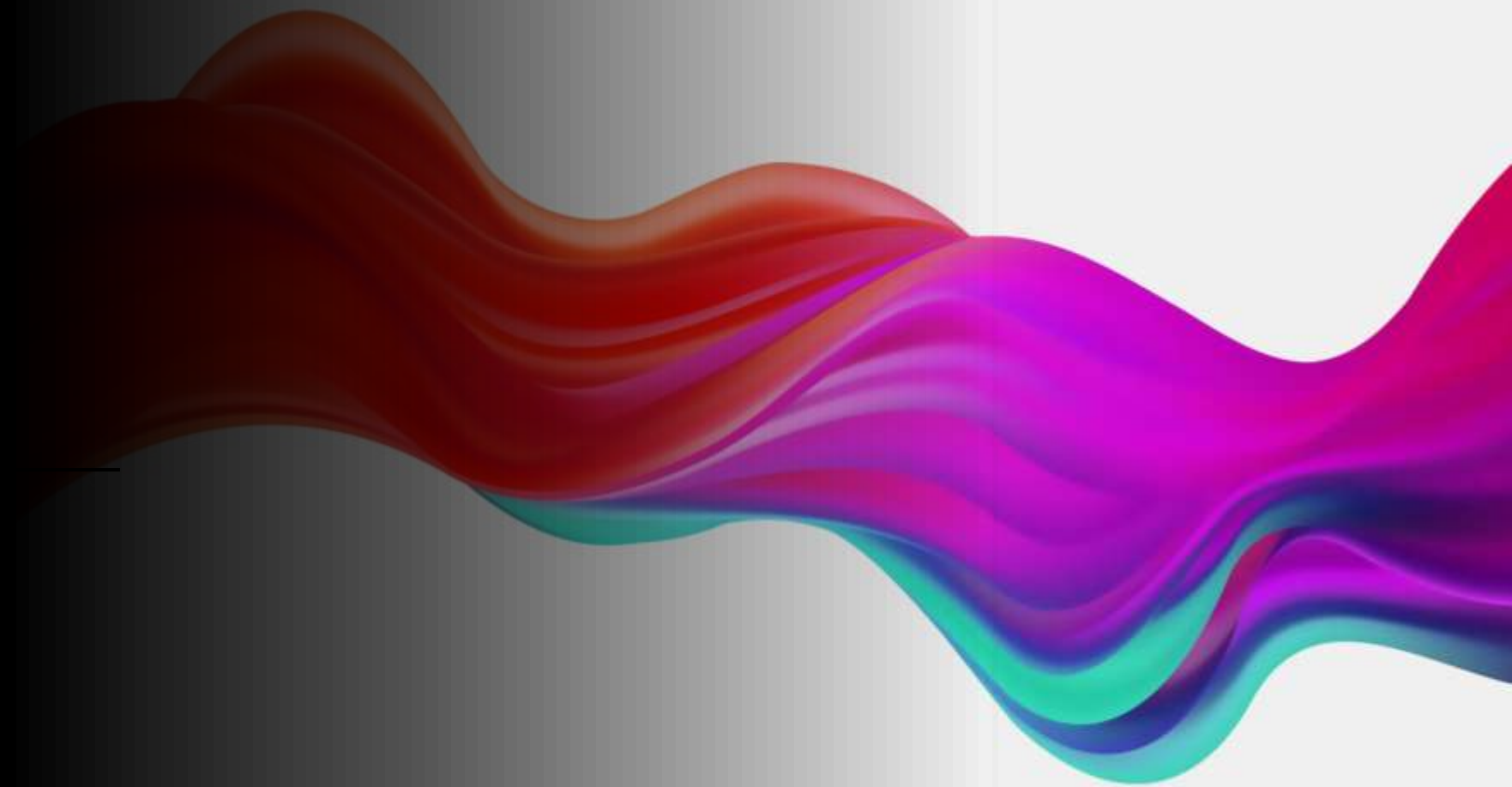
Unresolved Childhood Trauma

Cycle Breaker

- You are the person in your ancestral line who puts an end to destructive intergenerational patterns.



Childhood Trauma



Essence

- Think happy babies.
- The part of us that is confident, curious, playful, happy, and easily delighted.

Developmental Trauma

- Anything that causes a child to feel unsafe/unworthy.
- Also known as Complex PTSD
- Internal working model
- More than violence/disasters
- Self-gaslighting

Ways We Can Experience Trauma in Childhood

- Often feeling scared – for any reason.
- Suppressing how you felt because parents could not handle your emotions.
- Birth trauma or medical trauma
- Having a parent who abused drugs or alcohol.
- Growing up without enough food, shelter, or other basic needs.
- Having parents with unpredictable moods.

Ways We Can Experience Trauma in Childhood

- Physical, mental, emotional, and sexual abuse.
- Living in an environment where others were mistreated.
- Being taught that your needs, wants, and perspectives did not matter.
- Expected to handle adult responsibilities at a young age.
- Heavily controlled and not allowed to have fun.
- Having parents who were harsh and critical, or absent and unavailable – or both.

Attachment Vs. Authenticity

How Kids Cope

- Dissociation
- People pleasing
- Suppression
- Denial
- Self-abuse
- Perfectionism
- Avoidance

How We Cope as Kids



Is How We Cope as Adults

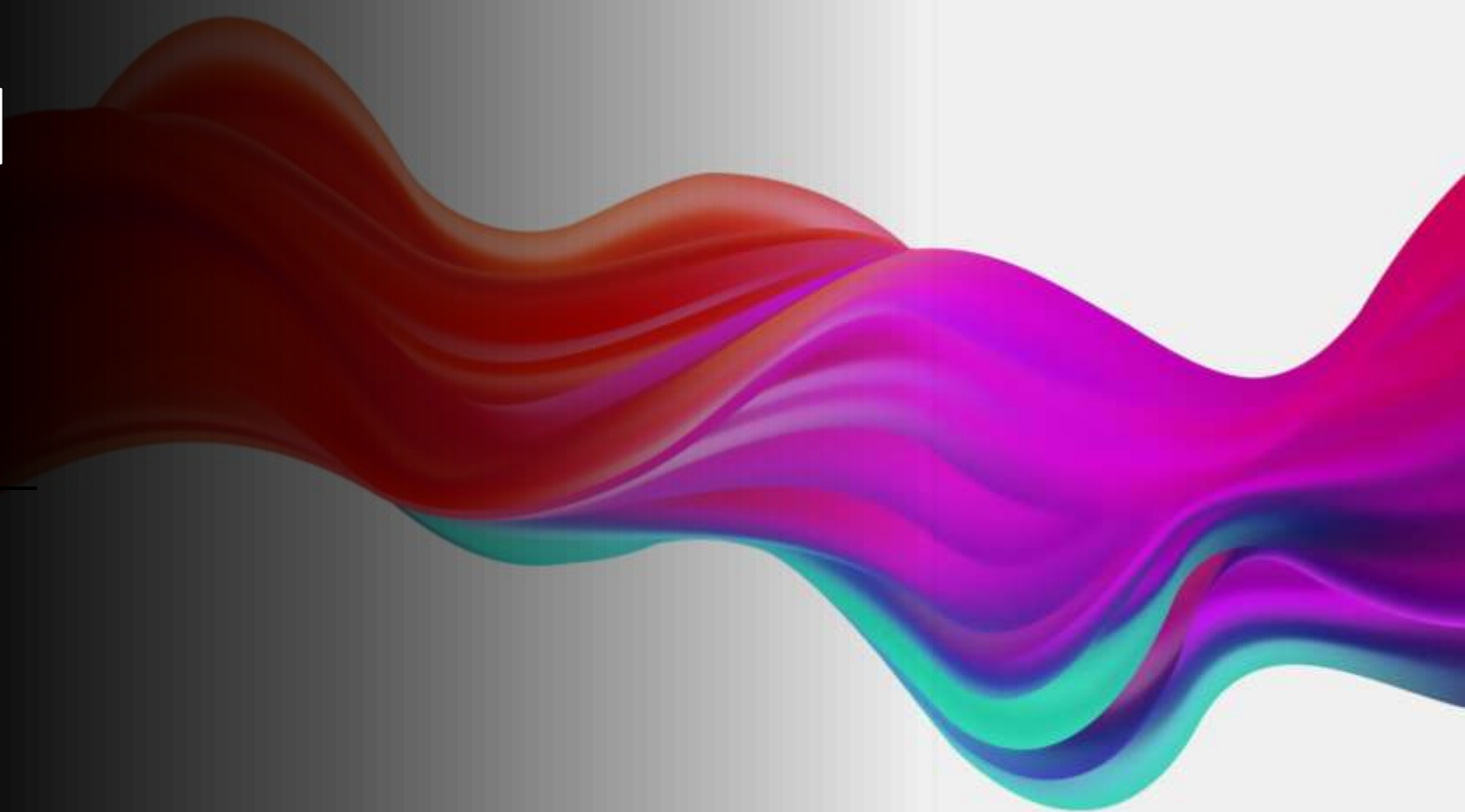
THE MANY FACES of a PEOPLE-PLEASER

TheCooperReview.com





How Childhood Wounds Affect Us As Adults



Triggers

- Reminders of unhealed wounds that have been waiting to be addressed.
- Invite us to heal.

Mental & Emotional Consequences of Developmental Trauma

- Anger
- Depression
- Resentment
- Anxiety
- Shame
- Guilt

Mental & Emotional Consequences of Developmental Trauma

- Sadness & Grief
- Negativity
- Low Self-Worth
- Self-Doubt
- Judgment
- Victim Mentality

Mental & Emotional Consequences of Developmental Trauma

- Superiority
- Lack of Trust
- Seriousness
- Self-Absorption
- Jealousy

Self-Abuse

- Self-Injury
- Addiction
- Self-Sabotage
- Approval Seeking
- Complicated Relationship with Food

Suicidal Ideation

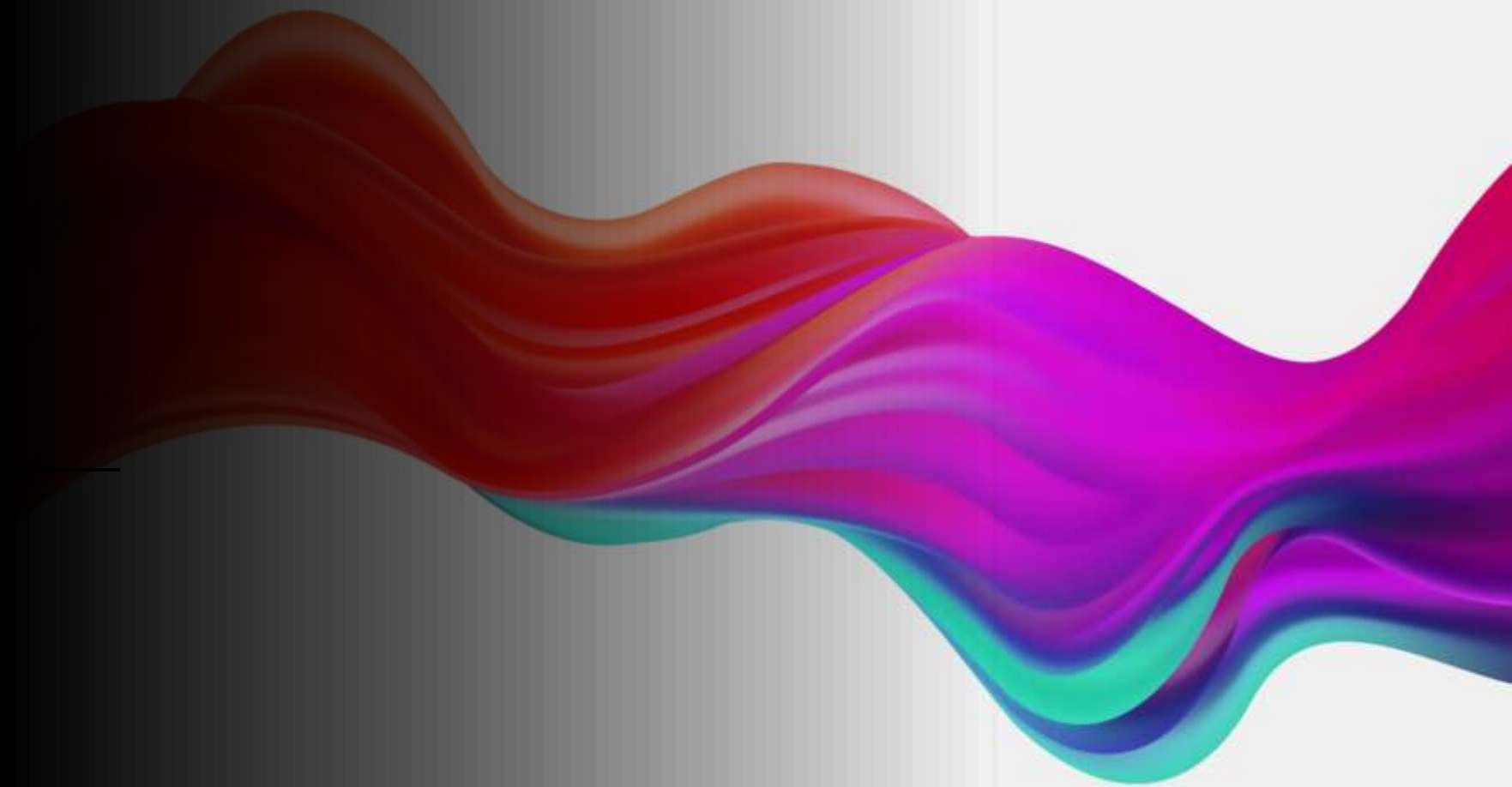
- Tunnel Vision
- Hopeless/Helpless/Powerless

Physical Consequences of Developmental Trauma

- Chronic illness
- Chronic pain
- Chronic fatigue



How to Heal



Vision

- What is your “why?”
- What do you really want?
- Contrast

Feel Your Feelings

- Notice the physical sensation in your body.
- Cry
- Swamping

Self Compassion

- “I’m so sorry”
- Dissolves pain
- Calms the nervous system
- Heals your inner child

Regulate Your Nervous System

- Fight/flight/freeze/fawn
- Parasympathetic NS
- Sympathetic NS

Nervous System Tools

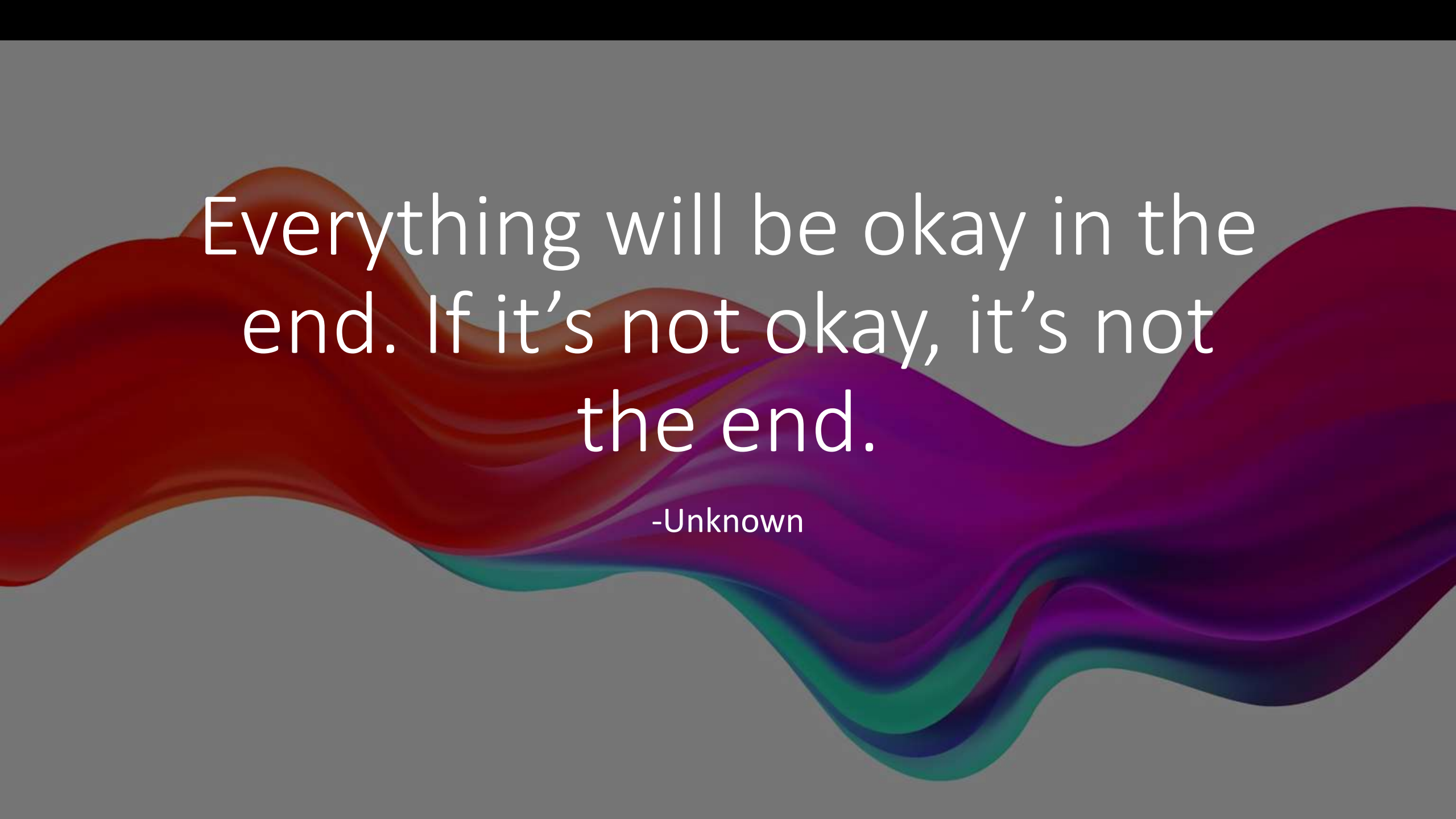
- Nature/grounding
- Humming
- Hands behind your head
- Pet an animal
- Hands in warm water
- Talk to a loved one
- Connect the 3 brains
- Shaking
- Gratitude
- Binural beats

Therapies

- Somatic Experiencing
- Logosynthesis
- EMDR
- Emotion Freedom Technique
- Reiki/Energy healing
- Mindset work
- Neurofeedback
- Embodiment practices

Self-Care

- Treating yourself with compassion.
- Setting boundaries.
- Eating good quality food.
- Being around people who respect you.
- Talk to yourself kindly.
- Putting yourself first.
- Following through with what you need to do to take care of yourself.



Everything will be okay in the
end. If it's not okay, it's not
the end.

-Unknown