

Post EMDR Self-Care



Your brain just went through a TOUGH work out! You will definitely need to prioritize self-care after a tough EMDR session as your brain continues to process over the next 72 hours.

Here are some necessities:

- Hydrate!
- Take a nap or get to bed at a reasonable hour (you may be sleeping more over the next 72 hours as your brain continues to process)
- Practice Rule of 5 Grounding Technique (5 things seen, 4 things touched, 3 things heard, 2 things smelled, 1 thing tasted)
 - Can also ground in the NOW – look around your home and identify objects that have only existed post-trauma
- Practice deep breathing techniques (belly breathing, square breathing, etc.)
- If feeling emotional, listen to music that pairs well with that feeling (could be helpful to go to past favorite music if you were working on historical trauma)
- Stretch
- Get outside and practice deep breathing
- Practice connecting with your secure space/healing team
- Take note of any changes in perspective or behavior you notice and share with therapist next session
- Be kind to yourself