

# CARING FOR YOURSELF AFTER A THERAPY SESSION



## SUPPORT YOUR HEALING JOURNEY

### What to Expect to Feel During Therapy Sessions

*Therapy sessions can bring about a range of emotions, and each session may feel different:*

- **Light Sessions:** These often feel uplifting or energizing. You might leave with a sense of clarity, relief, or motivation, feeling inspired by your progress.
- **Heavy Sessions:** These can feel more emotionally intense, as they may involve processing deeper or difficult emotions. You might leave feeling reflective, tired, or in need of extra care.

*Some sessions may even be a mix of both—uplifting in some moments and emotionally challenging in others. All of these experiences are a natural and important part of the healing process.*



### After a Light and Energizing Session

*When you leave feeling energized, channel that momentum:*

Finding the right work-life balance is essential. Try these tips:

1. **Celebrate Progress:** Reflect on what felt good during the session. Journal your wins or share insights with someone you trust.
2. **Channel Your Energy:** Use it to inspire action, whether on creative projects, exercise, or tackling a task.
3. **Ground Yourself:** Even positive energy needs grounding. Meditate, breathe deeply, or take a mindful walk.



### After a Heavy or Emotional Session

*If your session feels emotionally intense, prioritize gentle care:*

1. **Take Time to Rest:** Give yourself permission to rest, whether it's a nap, quiet time, or simple reflection.
2. **Lean on Support:** Let someone you trust know you had an emotional session. Ask them to check in on you or plan a comforting activity.
3. **Gentle Care:** Hydrate, eat nourishing food, or enjoy soothing activities like a warm bath or calming music.
4. **Express Yourself:** Write in your journal, draw, or use creative outlets to process what you're feeling.

### General Self-Care Tips for All Sessions

- Spend quiet time in the lobby or car post-session to reflect or journal.
- Use resources like the Rest and Relaxation Library or Affirmations in your Client Welcome Packet.
- Stay hydrated, eat balanced meals, and try grounding practices like prayer or breathing exercises.

### Important Note from Your Therapist

Throughout the session, I will check in with you to see how I can best support you that day. Processing emotions is part of healing, and it's normal to feel their effects afterward.

If you're struggling:

- During Office Hours: Notify me via email or text.
- Outside Office Hours: Follow the emergency protocol in your Client Welcome Packet.

## Affirmation

*"I honor my healing journey by caring for my mind, body, and spirit with love, no matter how I feel in the moment."*