

P E A C E   R A N S O M



**33 HEALING TIPS I  
WISH I KNEW SOONER**

## Introduction

Hello, my name is Peace and I am so delighted and grateful that you are reading this ebook. If you are reading this, it means you are looking for ways to heal from past traumas; little t's and/ or big T's. Little t's such as stressful moments on the job or big T's like the sudden loss of a loved one or being a victim of domestic violence. I, myself, am a survivor of over 30 years of trauma; plenty of little t's and way too many big T's! I can both understand and appreciate exactly how you are feeling right now as a survivor on their healing journey.

I remember feeling so lost, trapped, and hopeless in my life and in my body for the first 36 years of my existence. My life was full of self-hate, self-doubt, shame, blame, depression, and crippling anxiety. I thought something was terribly wrong with me. It turns out that I was just experiencing some of the many symptoms of trauma.

I have been on my healing journey consistently now for the past seven years and I want to share some things with you, sweet soul, that have helped me tremendously on my healing journey. My goal is to help as many people as possible get on

their own healing path so we can be a more loving and compassionate community towards one another and ourselves.

There are plenty of other healing tips out there but I chose the number 33 because 33 is a number associated with transformation, spiritual growth, and holds lots of positive energy!

Healing from trauma is a complex and deeply personal and sacred process. Everything that works for me may not work for you. While everyone's journey is unique, here are 33 healing tips to help you on your path to emotional recovery:

1. Seek professional help: Reach out to a therapist or counselor experienced in trauma to provide guidance and support. Be sure to work with a therapist or counselor that listens to you and you feel a good relationship with. Do not waste your time with a counselor that does not resonate with you. This is your healing journey and if the counselor isn't right, you have the right to leave and find another.
2. Practice self-compassion: Be patient and kind with yourself, acknowledging that healing takes time. We all have wished that we would “just be healed already” but that’s not how the process works. It took time for the damage to be done to you so it will take time to repair and heal the damage. Give yourself plenty of grace and compassion.
3. Establish a support system: Surround yourself with trusted and loving friends and family who can offer understanding and empathy.
4. Engage in grounding exercises: Utilize techniques like deep breathing, mindfulness, or other grounding exercises such as going for a walk to stay present and centered.
5. Express your emotions: Give yourself permission to feel and express a wide range of emotions in a safe and healthy

way. Bottling up and stuffing down emotions leads to physical illness. If you are interested in learning more on how trauma affects the body, I highly suggest reading *The Body Keeps the Score*.

6. Engage in physical activity: Move your body!! Regular exercise can help release tension, reduce stress, and promote overall well-being. Moving the body helps to release stored emotions and trauma.

7. Journaling: Write down your thoughts, feelings, and experiences to gain insight and promote self-reflection. Journaling does not have to be difficult. Just write whatever is on your mind and heart.

8. Practice relaxation techniques: Explore practices such as meditation, guided imagery, or progressive muscle relaxation to calm your mind and body. My go-to relaxation techniques are deep-breathing, yoga, and tapping.

9. Create a safe environment: Designate a space where you feel secure, free from triggers and reminders of the traumatic event. Make your home your sanctuary. Fill your home with items such as art, plants, and other decor that brings you peace and tranquility when you look at it.

10. Educate yourself: Learn about trauma, its effects, and the healing process to gain a better understanding of your own experience. Understanding the symptoms of trauma allowed me to release a tremendous amount of false blame and shame. Educate yourself about trauma and your specific condition to empower yourself and learn what you can do to manage your symptoms.

11. Seek out support groups: Connect with others who have experienced similar traumas to share stories, strategies, and encouragement. I love attending groups. It is so freeing to share your experiences with others and see that you are not alone. I always feel so uplifted when I attend a support group.

12. Prioritize self-care: Engage in activities that nourish and replenish you, such as taking baths, reading, or listening to soothing music. Practice self-care every single day.

13. Establish healthy boundaries: Learn to say no and prioritize your needs, recognizing that it is okay to put yourself first. Some people will get upset at you for placing boundaries for yourself and that's okay. Any true friend will

respect your boundaries. Someone that is just trying to use you will not respect your boundaries.

14. Challenge negative beliefs: Identify and challenge self-defeating thoughts and beliefs that may be holding you back from healing. What false beliefs are holding you back right now? In what ways can you prove yourself that this belief is not true? When a false belief from your past pops up, you can show yourself the truth and challenge that false belief. With consistent work, those false beliefs will fall away.

15. Engage in creative outlets: Explore art, writing, music, or any creative form that allows you to express yourself and find solace.

16. Practice relaxation before sleep: Develop a nighttime routine that promotes relaxation and quality sleep, aiding in overall well-being. I like to end my days with Abhyanga (a body massage with oil), light yoga, hot tea, and gua sha on my face. Find a routine that you like to wind down your day.

17. Set achievable goals for yourself: Break down any goals you may have into small, attainable steps, celebrating each milestone along the way.

18. Develop self-soothing techniques: Identify activities or strategies that bring you comfort and make you feel safe during moments of distress. There are many self-soothing techniques out there and it's important to find the ones that work for you when you are triggered, need to come back into your body, and calm your nervous system.

19. Establish a daily routine: Create structure in your daily life to provide stability and a sense of control.

20. Connect with nature: Spend time outdoors, engaging in activities like walking, hiking, or gardening to foster a connection with the natural world. Connecting with Mother Earth grounds and centers you and has been shown to ease anxiety and depression.

21. Explore holistic healing practices: Consider alternative therapies such as acupuncture, yoga, or aromatherapy to complement your healing journey. A few of my personal favorites are Reiki Healing, sound healing, and massage.



22. Seek out positive relationships: Surround yourself with individuals who support your healing process and foster a sense of positivity.

23. Practice forgiveness: Work towards forgiving yourself and others involved in the traumatic experience, understanding that this is a gradual process. It will take time but forgive yourself for any misguided mistakes that you have made in the past. (You will make plenty more.) Also forgiving others that have hurt you frees up your heart tremendously.

24. Engage in positive self-talk: Replace negative self-talk with affirmations and kind words to nurture self-esteem and self-worth. It's important to be kind to yourself during your healing process and with dealing with life in general.

25. Create a safety plan: Develop a plan to manage triggers or flashbacks, including coping strategies (self-soothing techniques) and emergency contacts that you feel safe being vulnerable with.

26. Embrace spirituality: Explore your spirituality or connect with a higher power, finding solace and guidance in

your beliefs. There is indeed a Great Source out there waiting to connect with you.

27. Limit exposure to triggers when first starting on your healing journey: Identify and reduce exposure to people, places, and situations that may trigger distressing memories or emotions. I will say that after some healing has taken place, your triggers will fall away or not affect you as severely as they did before.

28. Cultivate gratitude: Practice gratitude by reflecting on the positive aspects of your life, even in the face of trauma. I keep a Gratitude Journal and write a minimum of three things I am thankful for every single day. Also, gratitude releases “feel good” hormones, helping to ease depression and anxiety.

29. Explore relaxation techniques: Experiment with activities like listening to calming music, taking warm baths, or practicing aromatherapy to promote relaxation. You may also enjoy taking a walk to relax, sitting outside, and listening to soothing sounds on good ol’ Alexa. Find what works for you.

30. Engage in hobbies and interests: Dedicate time to activities that bring you joy and a sense of fulfillment. What do you like to do? If you don't know then it is time to start trying new things! Maybe you will like it, maybe you won't but the important thing is that you are out there exploring new interests. Soon enough you will find something that you love and fills your spirit.

31. Practice self-acceptance: Embrace your journey and honor your resilience, acknowledging that healing is a courageous process. Honor what an amazingly strong human-being you are to have survived everything you have gone through and still seek to improve your well-being.

32. Emphasize self-empowerment: Take an active role in your healing by setting intentions and making choices that align with your well-being. No one can do our healing for us. Our healing is our own responsibility and it is very empowering to know that there are so many tools we can use now to heal and get better.

33. Celebrate progress: Recognize and celebrate your progress, no matter how small, as a testament to your strength and resilience. You may not be where you want to be but celebrate that you are no longer where you were!

Celebrate yourself and the strides you have made every single day!

Remember, healing is a personal journey, and what works for one person may not work for another. Healing is a slow, non-linear process so give yourself time and grace. Be open to exploring different strategies and techniques, and don't hesitate to seek professional guidance when needed.

I hope these tips have been of service to you and your healing. I see you and I honor you on this journey. Thank you for spending some time with me.

Namaste,  
Peace Ransom

## **About Peace Ransom**

Peace Ransom is a healer, yoga teacher, and End-of-Life Doula, residing in St. George, Utah. She serves her community by facilitating virtual and in-person healing offerings and also offering one-on-one healing services.

Peace is also a survivor of many years and types of dysfunction and trauma. After being in her “emotional recovery” for the past seven years, her life’s passion is helping others to get on their healing journey and begin recovering from their own past traumas.

If you would like to learn more and connect with Peace Ransom, you can visit her online at [www.PeaceRansom.com](http://www.PeaceRansom.com).