

You can be a follower of Jesus and struggle with your mental health, and this doesn't define you. Jesus wants to partner with you to make everything new in your life. In this series, we're exploring how to stop coping and start hoping.

This week, we've included some practices to help you navigate through the process of healing from trauma.

IDENTIFY THE TRAUMA

Our minds attempt to "protect" us by hiding our trauma from us. However, our bodies "keep the score," and can be triggered physically or mentally, even when we don't understand why.

- ❖ Create a timeline of your life. Include memorable experiences that were both positive and negative. Spend some time thinking or journaling about the difficult memories. Affirm the feelings you have. You might be surprised at what you remember and don't. It can be helpful to find someone to talk to as you process.

RESET YOUR VAGUS NERVE

The vagus nerve sends signals to our heart and lungs, alerting them of danger or calm. When someone has unidentified trauma, the nerve may continue alerting the body of danger. Try the following to reset your nerve:

- ❖ Gargle water : Deep breathing : Drink ice water : Exercise : Immerse hands or face in cold water

TAKE CARE OF YOURSELF

It's difficult to heal physically and emotionally without healthy habits in place.

- ❖ Evaluate your eating, exercise, sleep, and spiritual habits. Try something this week to help you practice taking care of yourself.

RECOMMENDED RESOURCES

Learning more about trauma response and healing can help you better understand yourself and others.

- ❖ Contact our Care Pastor, Ben Ramsey at ben.ramsey@ehills.org, for a mental health referral.
- ❖ Read [The Body Keeps the Score](#) by Dr. Bessel Van Der Kolk

PRAY

God wants you to talk to him while working through your trauma. Remember that God is with you and cares for you, even when it doesn't seem like it.

- ❖ "God, please heal my mind, body, and heart from the trauma I have experienced. Help me to know that you are with me, that those moments don't define me, and that there is hope with you. Amen."

MEMORIZE

Memorizing Scripture allows us to recall God's Word when we need to remember his truth.

TRAUMA

The Lord is close to the
brokenhearted and saves those
who are crushed in spirit.

PSALM 34:18