MIRIDIA
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How to Use Your Journaling Resource

Dear Reader,

Thank you for watching, **Trauma & Release: Strategies for Helping Stuck Patients.**

In this folder, you'll find a PDF created by Dr. Kimberly Thompson, which explains how journaling can effectively help release stored trauma with journaling ideas. Plus additional ways to move your Qi. Originally created for her patients, she has decided to share this with you!

We've also included two editable templates—available in both Pages (Mac) and Microsoft Word—so you can personalize the handout with your own logo and information to share with your patients.

Wishing you and your success on your healing journey!

Warm regards,

Your Miridia Technology Team

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