Go take a shower



Gentle Rituals Supporting Grief and Burnout Recovery

AOIFE EARLS, ND

How to use this guide



Hello fellow humxn,

I'm glad you're here.
When I went through a loss, I had a difficult time getting out of bed. Nothing felt like it had any meaning. I was exhausted. I felt the same when I went through burnout, but I was prepared.

I was lucky to have the wisdom of a wise, kind woman during my first major loss. She told me to get up everyday, take a shower, and then get out of the house. Force myself to go for a walk, to get some fresh air, and to do it everyday. She promised that eventually that those things would become easier, and eventually, as I healed, I wouldn't have to work so hard to feel better, and those practices would make this time easier.

Turns out, she had the feminine wisdom passed down from generations in my lineage that is true in research as well. Rituals that allow our body to feel safe help a very exhausted and stressed out nervous system. Rituals that start with small safety steps, lead to choices that involve peace, joy and love. These help us to baby-step back to a nourished and healed self. They are the first thing I turn to now in moments of overwhelm and strife. I deeply trust they will bring me back to myself.

I hope you will find some wisdom in these pages to get you onto your next step.
~Dr Aoife MSc, ND

Water	The different kinds of water rituals we can use to bring us balance; showers, baths, being by streams or lakes, observing running water
Forest	Forests carry the ability to calm our blood pressure; we'll explore different options for forest or forest-like healing.
Movement	I'm a big fan of walks, but not all movements work for everyone. We'll be talking about the most appropirate movmenets for this time.
Softness	Touch is a very healing experience, provided its the kind of touch that your system needs. Let's examine simple ways to experience this medicine.
Scent	The sense of smell can be a sense that quickly soothes and overwhelmed nervous system.
Sound	The sense of smell is the fastest to reach the brain, and as a result, can be the

Table of Contents



Water Rituals

Use each idea, and experiment. How do you feel in your body after the experience? Circle your favourites.

Daily Shower
Evening Bath
Sitting by a lake
Washing your hands
Soaking feet in a stream
Drinking a cup of tea
Steaming your face

Water

Forest

Forests provide oxygen, stress relief and calm the mind. Studies have shown that even 10 minutes in a forest will provide lowered blood pressure, improved anxiety and depression, and even create spiritual relationships with the Earth. This medicine is simple, but powerful. It can be a beautful daily or bi-weekly ritual.

Again, this is your opportunity to explore your own relationship with forest medicine. What feels easy to do and makes you feel calm, energized or clear?

Walking in the leaves and hearing them crunch
Listening to the trees along a trail
Sitting between some trees
Sitting along a wooded trail
Counting all of the branches on a tall tree
Smelling pine, cedar or spruce trees
Deep breathing while doing slow walking
LIstening to calming music while lying on pine needles



Movement

When you are in a deep state of fatigue, movement is simple. It is reminding the limbs that the rhythm of the nervous system is simple, and wave-like. So if you can only rock in a chair, that's a great daily activity.





Some ideas for gentle, daily movement. Consider that these movements should be done for only 5-20 minutes a day at the most, especially if you are very tired:

Riding your bike
Rocking in a chair
Bouncing on a bouncy ball
Swaying to music
Walking around the block
Dancing around the house
Jumping rope



Softness

The sense of touch is an important part of our nervous system that assesses the safety of our body in our environment. Don't underestimate the power of a fluffy blanket, a snuggly kitten or your favourite sweater to be a daily ritual of calm and love.

Which would you choose? Or add? Circle what seems right.

Cozy in a blanket watching TV
Petting your dog before sleep
Putting on your slippers when you get home from work
Flannel pajamas for sleep
A soft sweater before a stressful day
A soft heating pad on a sore back

Scent

Our sense of smell is involved in our assessment of fear and can be provoking or calming. It's not often utilized as often as it could be. Simple things can include:

-using a diffuser
-having a hand lotion with the smells you love
-your shampoo with refreshing scents
-cleaning products in your home you use daily

Look at the scent list to the side, and see which scents you tend to gravitate towards. Then see how you might be able to integrate it simply into your daily routines, and circle the ones you like. Add any missing to the list!

- Brightening scents: lemon, orange
- Calming scents: Lavender, Sandalwood
- Rejuvenating scents: Sage, Eucalyptus Mint, Blue Vervain
- Comforting scents: Vanilla, Jasmine, Rose



Sound

The most dominant sense (if you can believe it!). This is the sense that supports us the most with danger, with our eyes as well. This sense can be both supportive and irritating - so it is important that the sounds you choose make you feel peaceful. Notice the sounds below and which may or may not feel good, and circle them.



Supportive Sounds

Chanting
Singing bowls
Classical piano
Violin
White noise
Wind

Grating Sounds

Repetitive tapping
Loud voices
Automobile noise
Screeching of tires
Wind

In-Between Sounds

Clicking
Whirring
Ticking
Dull hum without source

My daily prescription (s) for
water, forest, movement, softness, scent, & sound:

My most supportive rituals are....

I notice that this particular ritual brings me calm and peace the fastest because...

Wishing you rest, calm, and all the peace and strength you need in staying committed to your own rituals for well-being.

Thank You.

æ AOIFE EARLS, ND