

HOW TO HEAL YOURSELF



A CHRONIC PAIN  
SURVIVORS LIST  
OF TOP FREE  
*Resources*

[findyourselfhere.com.au](http://findyourselfhere.com.au)

## Ways to heal yourself...

Below is a list of healing and functional therapy's I have found and used over the years, I still use them often these are all my favourites. at the bottom is the basics you need to know about self-care.

The huge list of **ways to heal yourself...** most are for free

Some are links, some are articles to links, some are free some are not.

I have used all of these with some relief and hope they bring you whatever you need today.

### **Music to accompany you while you read**

I am not associated with the outside links to the pages, nor do I receive payment of any kind for writing or recommending these sights.

I do, however, have some products affiliated with amazon in the self-care store, I have done all the hard work for you. Plus, I love making lists.

Share, pin, or save for later.

These are my lists, favourite websites, experiences, products and I believe you need them just as much as me.

**Sharing is caring.**



Mindfulness- what is it?

Migraine and headache relief - hypnosis -  
Michael Healey

pain relief- guided meditation

meditation - how to do it by Russel brand

[EFT - Healing](#) - what is it?

[EFT](#) emotional freedom technique - simply tap along and repeat with brad yates on youtube

I highly recommend using this for all and anything you need to release.

**Here are my favourite quick access videos.**

EFT for insomnia - puts you to sleep fast

[Yoga](#) - yoga with Adriene - free classes on youtube

Mindfulness - all it takes is 10 mindful mins-  
Andy pudicombe- headspace - TEDx talk

Forest bathing - what is it? - youtube

Mindfulness walks - how to

Practising presence

## **Things to watch**

Netflix documentary - heal

The earthing - documentary - YouTube -  
youtube

Bedtime yoga - great for insomnia

**Tip: I don't do yoga on the floor, always on  
my bed.**



Chronic pain self-care kit - free download

Swap it for self-care - time waster worksheet  
- freebies for you- free download

Life inventory - free download

Create anything or discover- Find yourself  
youtube channel

Adult colouring-in - Free downloads from  
Faber-castell

# Self-Care Store

*As an amazon associate, I earn from qualifying purchases.*

Below is a list of therapy and items, I own these myself some are free or cost small amounts of money.

## Zen music for reading

### Shakti mat

- I use this every day for everything!! It is incredible for relaxation and pain relief. I have this one and I take it everywhere.

### Pack of tennis balls or similar

- I have these everywhere. cheap and easy self massager. simply roll the ball in the ball of your feet for a few mins each day. My fav is leaning against the wall to relieve my sciatica. Huge help during pregnancy.

## Essential oils

- If you can only afford one to just get started, make sure you get yourself some good quality lavender for relaxation; then orange oil for a quick pick me up. diffuse a drop in your palms and simple rub palms together to diffuse. Bring open palms close to face, not touching. take some cleansing breaths. repeat as needed.

## Electric hot water bottle

- This one has changed my world. I can take this thing anywhere and reheat it as it has its wall charger. No need to worry about boiling a kettle or having a microwave. I have taken this into the hospital with me a few times, it saved me.

## Weighted blanket or sensory sheets

- I wasn't able to afford this one for a few years. my mum, decided we could make our own. as all sewing mums know. if you don't have it, just create it. Make your own, we got creative and made one full of rice.
- If you're crafty and up to the task of making your own, there are plenty of patterns on Pinterest or how-to videos on youtube.

my 9yo loves her weighted blanket and asks for it all the time and her lavender drops.

'It's like a giant hug to sleep'- aj 9yo

'It calms my whole sensory system instantly when im having any PTSD, panic attacks, and anxiety' - Mummy 35

- They are worth it to buy an investment and will last a long time but you will still achieve the same results and relief, even if it is just your heavy dog on top of you.

#### Double-walled coffee cup

- I am constantly making and leaving cups of tea all over my house, my partner will tell you how annoying it is. What's more annoying is for me, because by the time I remember or I see it again it's gone cold.

I love this cup. I now make a cup of tea, coffee, water, wine and it keeps it hot/cold for 5+ hrs and bonus is I can leave it, have a nap and it's still hot.

#### Shower seat

- This is when you need a shower and you are in too much pain to stand up, it's also my lifesaver when I need to shave or meditate under the water. It is important to make sure it is safe to use in the shower and has rubber shower feet on so you don't slip.

#### Phone handhold button

- You can find one in most stores these days if you find one you like, make sure you hold your phone in your hand first and note where the hold zone is before sticking down.

- I like the look of it and it helps me hold my phone when my hands hurt from flare-ups of my arthritis

#### Headphones for sleep

- Blackout eye mask, wireless headphones. need I say more.

# The Five Elements of Self-care

The Five elements of self-care include **spiritual, physical, intellectual, social and emotional**.

By aiming to accomplish one thing daily from each element (5 small things every day) you will be nourishing every aspect of your life and ultimately creating a more balanced version of yourself.

It will help you to reconnect with your most powerful self and replenish your body, mind and spirit. TIP: This shouldn't be a chore or a to-do list.

If you are not enjoying the things you are doing for self-care; then make changes. This should improve your life not burden it. You can create your [self-care plan here](#).

Let's dive a little deeper into these different elements by explaining what they are and how they can benefit you; so you can begin creating your list. Keep this list somewhere you see regularly, on the fridge for example and add to it whenever you find another thing you enjoy.

## 01 / Spiritual

The spiritual element of self-care involves a personal practice that allows you to follow your values and beliefs that give you purpose.

Give daily gratitude - giving gratitude to things in your life can benefit your mind in such a positive way.

Start with 3 things you're grateful for every day.

Even if they are very small things; for example. Being grateful about having a roof over your head or a warm place to sleep; writing and looking at what matters can create a very positive mindset.

**Yoga practice** - This can help your mental and physical health. Create a routine to help you start your day or to help your body get ready for sleep.

**Going for a walk in nature - Forest bathing.**

This may help you to experience a greater energy flow through the body, happiness,

gratitude and joy for nature and all the wonderful things that surround you.

**Meditation** – A daily meditation practice has been shown to increase your self-awareness, reduce stress and improve your concentration.

It can create a sense of calm, has been known to increase happiness and create a heightened sense of acceptance. So, why wouldn't you?

If you don't know where to start, check out youtube - great free resource. this is a great place to start, you will be spoilt for choice. no excuses. just start with 2 mins a day and work your way up from there.

**Mindfulness Practice** - Mindfulness is a wonderful thing I learnt about when I was being taught how to manage my pain levels for dealing with my chronic pain.

One simple way I like to practice mindfulness is to sit somewhere and take a few big deep breaths; then find 5 things I can see and name them, the trees, the water, the ground, my hands and the sun etc.

Then close my eyes and bring my attention to 5 things I can hear and name them. then 5 things I can feel and 5 things I can smell. It brings me into the current moment and I feel so grounded after this practice. Try it now.

**Attending a group, religious or spiritual service** - Even if you're not religious, it's still important to make a connection with the spiritual dimension somehow, it can help you to find a connection to something greater

than oneself, discover more meaning in your life and develop a sense of belonging.

## 02 / Physical

The physical element of self-care encompasses sleep, health, nutrition, movement, physical and touch.

When you practice activities for your physical well-being, you can increase your energy levels and improve your sense of self and find your centre.

Trying a new **workout** or just simply moving your body – this one is pretty self-explanatory.

**Get moving even for 5 mins. This can make you feel so much better.**

Daily stretching

Taking an Epsom bath or long meditative shower

Eating nourishing foods

Dancing around your room with loud music or headphones

Go to bed earlier

Laughing out loud with a loved one

Hug a pet (this releases the love “feel good” hormone)

## 03 / Intellectual

Intellectual self-care is about finding the balance between stimulating your mind and giving your mind a break, and this can help with creativity, innovation, and continual learning.

The desire to learn new concepts and expand your knowledge contributes positively to your overall well-being.

A lot of us stop doing art or drawing or creating worlds after childhood, but it doesn't stop being good for us.

### **Nurture your inner child and have fun.**

Journaling or Writing

Reading a book

Taking a class

Listening to music

Taking a social media detox, maybe read instead

Colouring in

Playing board games

### **04 / Social**

Social connection is another important element of self-care, even though most people associate self-care with themselves; but self-care is the interaction with others, both in deep and casual ways.

No matter how much of an introvert you are, you still require some human connection, and it's about finding the type and amount that meets your needs.

Social connection helps create a sense of belonging and acceptance which as humans we need daily.

Coffee with a friend

Walking with a friend

Joining a social club

Act of kindness

Reaching out to a new person

### **05 / Emotional**

Tapping into the emotional element helps us understand ourselves more and cope with challenges life can bring.

It helps us to develop and nourish healthy relationships.

When we tend to our emotional needs, we cultivate a greater sense of compassion, kindness, and love for ourselves and others.

Writing in a journal

Saying positive affirmations

Diffusing essential oils

Saying no; to things you would normally say yes

Hug someone (even if it's a pet)

Journal

### **Check-in with yourself often.**

### **How are you feeling right now?**

Hope you have found this to be helpful.. you can heal yourself from the inside out.

Don't give up on you.

Heal.Yourself



## **Beautiful soul review**

thank you for creating this space, angela

living with chronic pain myself, these tips are so valuable to me.

It takes years and years of experience to come up with something like this, and to be able to have all of your wisdom and knowledge in the one spot is extremely useful.

When living in chronic pain, once we accept and understand our new norm, we need to work with it, not against it. what you have created enables us to do this.

Many thanks to you, Krista x

[Read more here - My story about my journey with pain](#)

[Access the full list of products listed in the chronic pain amazon list.](#)