

Trauma & Grief Relief
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***PICK ONE - THREE THINGS TO START WITH TO AVOID
OVERWHELM! THE PERSON WHO DOES THE LEAST, WINS!!***

Herbal + Solutions

- Teas (see Herbs listed below and recipe for Smile at Your Heart Tea) (How-to's in the Herbal Handbook for Homesteaders)
 - Teas can also be made into baths
 - Either add flowers to your bath water or make a strong tea and add it to your bath water. Light a candle, add some epsom (or other) salt (optional) and soak it in, then see the feelings going down the drain
- Flower Essences
 - Rescue Remedy (look at Bach Flower Essences links below)/Five-Flower Formula (same formula from Flower Essence Services, link below)
 - Star of Bethlehem, Cherry Plum, Rock Rose, Clematis, Impatiens
 - Make your own Formula with flowers that call to you.
 - My Grief Relief essence
 - Chicory, Goldenrod, Indian Pipe, Rose (w/rose quartz & tourmaline), St. John's wort, Self Heal, Tulip Poplar, Witch Hazel
 - Put 10-ish drops in a water bottle or cup and sip throughout the day.
- Spray hydrosols
 - Rosewater (see resource below), Tulsi, Lemon Balm, Lavender
- Aromatherapy
 - Diffuse favorite scents (including the herbs below)
 - Use high quality, therapeutic grade oils
 - *Check for safety around pets first
 - Sniffers/nasal inhalers, especially lavender (see resources)
- Honeys & glycerites (How-to's in the Herbal Handbook for Homesteaders)
 - Aromatic herbs are great for infusing into honey and/or glycerin
 - Examples: rose, tulsi, lemon balm, lavender, mimosa
- Favorite Trauma & Grief Relieving Herbs (ALWAYS check for contraindications)
 - Rose - melancholy, stuck/complicated grief, loss, depression, opening, uplifting; caution: supposedly causes the grief to surface for some people
 - Tulsi/Holy Basil - grief, comforting, increases vitality, digestive and immune support
 - Hawthorn - tonifying to the physical and emotional heart, sadness, heartache/heartbreak; caution: contraindicated with heart, etc meds
 - Lemon Balm - melancholy, sadness, uplifting, antiviral, supports focus

- Mimosa - called the “tree of happiness”, grief, depression, heartache; caution: some say this is contraindicated with mania conditions
- Lavender - grounding, calming, insomnia, gently sedating
- Linden - grief, physical and emotional heart tonic, comforting
- Chamomile - calming, grounding, pain, gentle, digestive supporting
- Motherwort - anxiety, stress, mothering (the mother), *very* bitter
- Passionflower - circular thinking/ruminating, anxiety, insomnia, sedating for some, pain; caution: sometimes too sedating

Smile at Your Heart Tea

For 1 qt of tea

Ingredients

2 Tbsp Lemon Balm
 2 Tbsp Tulsi (Holy Basil)
 1.5 Tbsp Lemon Verbena
 1.5 Tbsp Linden
 1 Tbsp Rose petals
 1 qt Water

Make it a ritual!

While you're adding the herbs to a jar or french press, thank the Plants.

While you're filling the jar, thank the Water.

Stir and Cover the jar or french press to infuse for 20 minutes or more.

Strain and pour into a mug.

Before you drink the tea, deeply inhale the inviting scent.

While you hold the mug, feel the warmth and how it radiates up your hands into your arms and toward your heart.

Give yourself thanks and a pat on the back for doing something to nourish yourself deeply.

Sit and sip slowly, feeling the nurturing going into your body.

Super Helpful Self Nourishing Practices

- BREATHE - deeply, long out breaths, cycles (9)
- Forest/Park/Yard Bathing
- Feet or hand on Earth
- GENTLE movement
 - Walking
 - Yoga
 - Qigong (see resources)
- LESS Stimulation (screens, noise, caffeine and other stimulants)
- Be PRESENT - what do you notice? Beautiful things, sounds, feelings, sensations
 - Watch Clouds, Listen to Water, Smell Flowers
 - STOP! Disconnect to Reconnect
- Make space to feel your grief
 - Sit under a Tree
 - Journal - get it all out!
- Remember You ARE Nature and you will feel the grief of the Land and People
- Create a Gratitude Practice - what do you (still) have to be grateful for?
- Make a List of what brings you Joy, post it somewhere super visible and put it on/in your calendar to do several a week, preferably one a day, keep it simple!
 - What brought you Joy as a child? Do it and be child-like!
- Find Delights every day
 - The Book of Delights (and others) by Ross Gay
- Meditation
 - Kristin Neff (see Self Compassion Institute in resources below)
 - Smile at your heart/other organs/body/parts
- Listen to Music you love, dance
- Friend time - *don't isolate*, share vulnerably
- Positive self talk
- Self massage and hugs - bonus points if you use herbal oil
- Eat gentle, easy-to-digest, nourishing (yin) foods like roots/tubers, squash, potatoes/sweet potatoes, soups, and stews

Resources

Bach Flower Essences

<https://www.bachflower.com/>

Rescue Remedy

<https://www.bachflower.com/rescue-remedy-information/>

Flower Essence Services - Five-Flower Formula

<https://www.fesflowers.com/shop/five-flower-formula-2342#attr=4120,4117,4116>

Healing Through Heartache: Herbs for Grief and Natural Emotional Support

<https://sacredplantco.com/blogs/natures-pharmacy-exploring-the-historical-uses-and-health-benefits-of-medicinal-herbs/healing-through-heartache-herbs-for-grief-and-natural-emotional-support>

Herbal Support for Trauma

<https://solidarityapothecary.org/the-frontline-herbalism-podcast/95-herbal-support-for-trauma/>

Make Your Own Flower Essences

<https://www.wortsandcunning.com/blog/how-to-make-flower-essences>

Qigong: Mimi Kuo Deemer

<https://www.youtube.com/@MimiKuoDeemer>

Rose Water

<https://heritagestore.com/products/rosewater>

Self-Compassion Institute by Kristin Neff

<https://self-compassion.org/>

Guided Practices: <https://self-compassion.org/self-compassion-practices/#guided-practices>

Six Herbs for Grieving and Healing

<https://heatherstang.com/six-herbs-for-grieving-and-healing/>

The Herbal Handbook for Homesteaders by Abby Artemisia

Support your local independent bookstore! Check out <https://www.indiebound.org/>

Top 5 Feel! Bach Flower Remedies for Grief and Heartbreak

<https://www.feelbach.com/blogs/feel-good/feel-bach-flower-remedies-grief-heartbreak>

Working Through Grief, Sadness, and Low Mood

<https://cornwallherbalclinic.com/working-through-grief-sadness-and-low-mood/>

Ground: Feel feet on the Earth, barefoot if possible. Imagine your roots reaching deep and feel the Earth's energy coming up through your body. Let anything you don't want or need in your body flow into the Earth. *Lie on the Earth*

Nature Practices for Relief of Stress, Anxiety, & Burnout
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Find Nature Metaphors for yourself and where you're at today.

1 Minute Meditation: Close your eyes. What do you hear, feel, notice?

Sit Spot: Pick a spot in your yard or somewhere you can go regularly. Spend 20 minutes, if possible, sitting there and observing often.

Be truly present: Go into Nature with no time limits (if possible) and no agendas. What do you experience? How many of your senses can you (safely) use? Can you be completely present? Write about it.

Pine Hangout: Walk around Pine Trees, Breathe deeply.

Flower Essences: Take Flower Essences and feel what you feel.

Get Dirty: Dig your hands into the Dirt, get it under your nails.

Feel It: Get physical. Feel Bark, different natural textures, etc...

Plant Meditation: Sit with the plants, ask for messages. Ask for spirits of the plants to be with you.

Be with the Trees: Hug Trees, Lean on the trunks, feel their stability, listen to the "soughing".

Be with the Water: Sit next to it, put your feet in it, listen to the flowing.

Practice Gratitude: Have gratitude for everything surrounding you that is there day and night, year round, and the Trees giving you Breath.

Find the Miracles, the Tiniest things and the Biggest things.

Draw, Write Poetry