

Thank you!

THANK YOU!

No one is prepared to face a disaster, but moving forward isn't optional. Here's my quick guide on how to move forward after disaster.

Feel free to download it, share it with a friend going through something, or save it for a rainy day. I hope it never is something you need, but it's always good to be prepared!

I'd love an opportunity to chat with you, please send me an email to info@healthrevolutiontraining.com to set up a free session!

All the best,
Elizabeth

ABOUT ELIZABETH



Elizabeth Evans has been working in the health industry for 25 years as a certified massage therapist. She has specialized in working with clients who are in a health crisis. She recently expanded her career by opening her own business, Health Revolution Training. She is a Well-Being coach, training people in health maintenance and balance in all aspects of their lives.

After Elizabeth survived the Camp Fire in Northern California last November, her work deepened in being available to support and coach people who have survived a disaster.

5 Steps for Moving Forward After a Disaster

1. CRY DAILY

Allow yourself to grieve or be in a brain fog. When the Adrenalin rush subsides, the body is exhausted and depressed (deep-rest). Sleep is good.

2. GET OUT IN NATURE

As often as possible. Ground yourself; get your feet on the bare Earth. Be around animals, trees, plants, flowers, water. Try to minimize time around people, especially crowds.

3. PICK YOUR TRIBE OF PEOPLE

Grieve with them, cry with them, laugh with them... get lots of hugs. Pick those people who allow you to just be yourself. Be with those who love and support you the most.

4. DO SOMETHING AT LEAST ONCE A DAY THAT BRINGS JOY

Boosting the "happy" chemicals in the brain builds the immune system and pulls you out of the funk faster.

5. MAKE A LIST OF THE PRACTICAL THINGS THAT NEED TO GET DONE

Pick at least one thing on the list to do each day. If you did one task, you did a lot! Give yourself a hug. If you do 2 things on the list in a day then you are amazing!