

Jumpstart Prep Checklist

Welcome to your 45-day Online Trauma Healing Jumpstart Program!

Here a few tools I recommend to have handy to help you on your journey...

- A journal for journaling, writing affirmations and doodling
- A notebook for taking notes from this course
- You may want to get a binder to print out and keep your handouts and drills so you can quickly refer to them when you need them
- A calendar or day planner...or you can use your calendar on your phone to help clear the clutter in your schedule, schedule time for yourself and important appointment and deadlines you don't want to forget
- You also may want to consider setting up a safe, quiet space to practice. This could be your bedroom or other room in your house, a space outside or quiet space at work. If being alone for this course is not practical, you may want to consider getting earbuds or headphones for your privacy.

Because trauma response is a physical condition, you also might consider slowly cleaning up your diet...Removing any foods that could interfere with your healing.

This includes caffeine which can increase your anxiety and the likelihood of panic attacks, salt/sodium which raises your blood pressure, and processed or sugary foods which increases inflammation in your gut and your brain.

And don't forget, [book your 45 minute one-on-one session](#) with me if you haven't already done so.