

STELLAR *Life*

Hosted by *Orion*

Resolving Trauma Gracefully

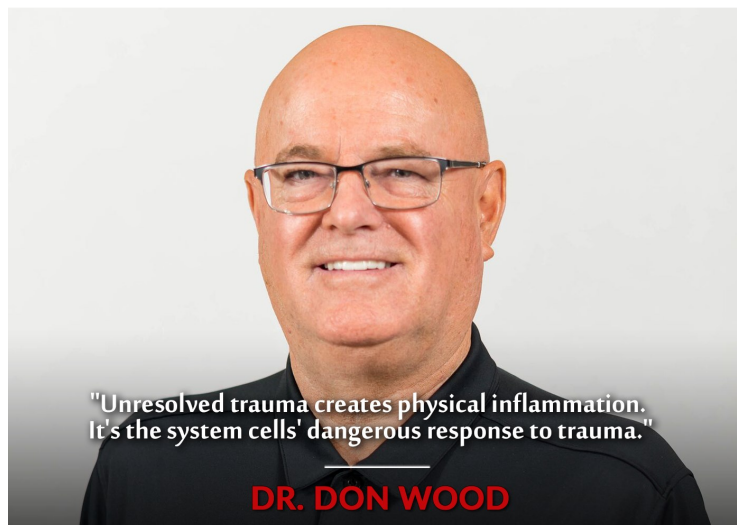
10 Point Checklist

Dr. Don Wood

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Acknowledge the root cause of your trauma. Trauma can manifest as physical and emotional symptoms, but it's crucial to recognize that inner, unhealed wounds are the root cause.
- Resolve your trauma to reclaim your power and potential. Unresolved trauma triggers chronic inflammation, leading to various health issues.
- Break free from limiting identities. Don't define yourself by your trauma or the labels others have placed on you. Remember, you have infinite possibilities and can overcome your traumatic experiences.
- Reboot your mind and clear negative messages generated by your trauma. By doing so, you can release old patterns and embrace a healthier mental state.
- Understand that your traumatic memories can feel like they're currently happening. Your subconscious doesn't differentiate between past and present, viewing traumatic memories as if they are ongoing experiences.
- Embrace profound, lasting changes in your emotional and physical well-being. Once you begin healing your trauma, your brain heals too.
- Find strong motivation to deal with addiction or overcome minor habits. Identify what you want to achieve and use this goal to drive you to stay committed.
- Consider brain training exercises, calming activities, and stress-reducing habits to remain positive. Taking care of your brain health is essential.
- Pay attention to your stress triggers and find healthy ways to manage them. Meditation, mindfulness practices, or engaging in enjoyable activities can help reduce stress and promote overall well-being.
- For more information about Dr. Don Wood's books and programs, visit inspiredperformanceinstitute.com and drwoodphd.com. You'll discover valuable resources to aid your personal growth and understanding of trauma. This can help you take significant steps toward a more fulfilling and empowered life.