

5-MINUTE DAILY SELF-CARE JOURNAL FOR TRAUMA SURVIVORS



Dear Survivor,

Welcome to this space of compassion, support, understanding, and relatability. We want you to know that you are not alone here, and your presence is deeply valued and appreciated. We understand that healing from trauma is a journey, and we are here to walk alongside you every step of the way.

You are not defined by the events of your past; instead, you are a resilient soul who has overcome hardships and challenges. We recognize the strength it takes to embark on a healing journey, and we want you to know that you are courageous and brave for taking this step.

We know that healing is not always easy. It can be filled with moments of uncertainty, vulnerability, and even setbacks. But please remember, progress is not always linear, and each step forward, no matter how small, is a triumph worth celebrating.

In this safe and supportive space, we encourage you to be gentle with yourself. It's okay to feel a mix of emotions - sadness, anger, fear, or even moments of joy - they are all valid and a natural part of the healing process. Here, you can express yourself freely, without judgment.

We believe in your capacity to heal, to grow, and to find joy again. As you navigate this journey, remember that you are deserving of love, care, and compassion. Take the time you need to nurture yourself and prioritize self-care without feeling guilty.

Together, we can share our stories, our struggles, and our triumphs. By connecting and supporting one another, we can create a sense of community and understanding that will uplift and empower each of us. You are seen, heard, and valued here. Your experiences are valid, and your voice matters. Remember, you have the strength within you to heal and to embrace life with newfound hope and resilience.

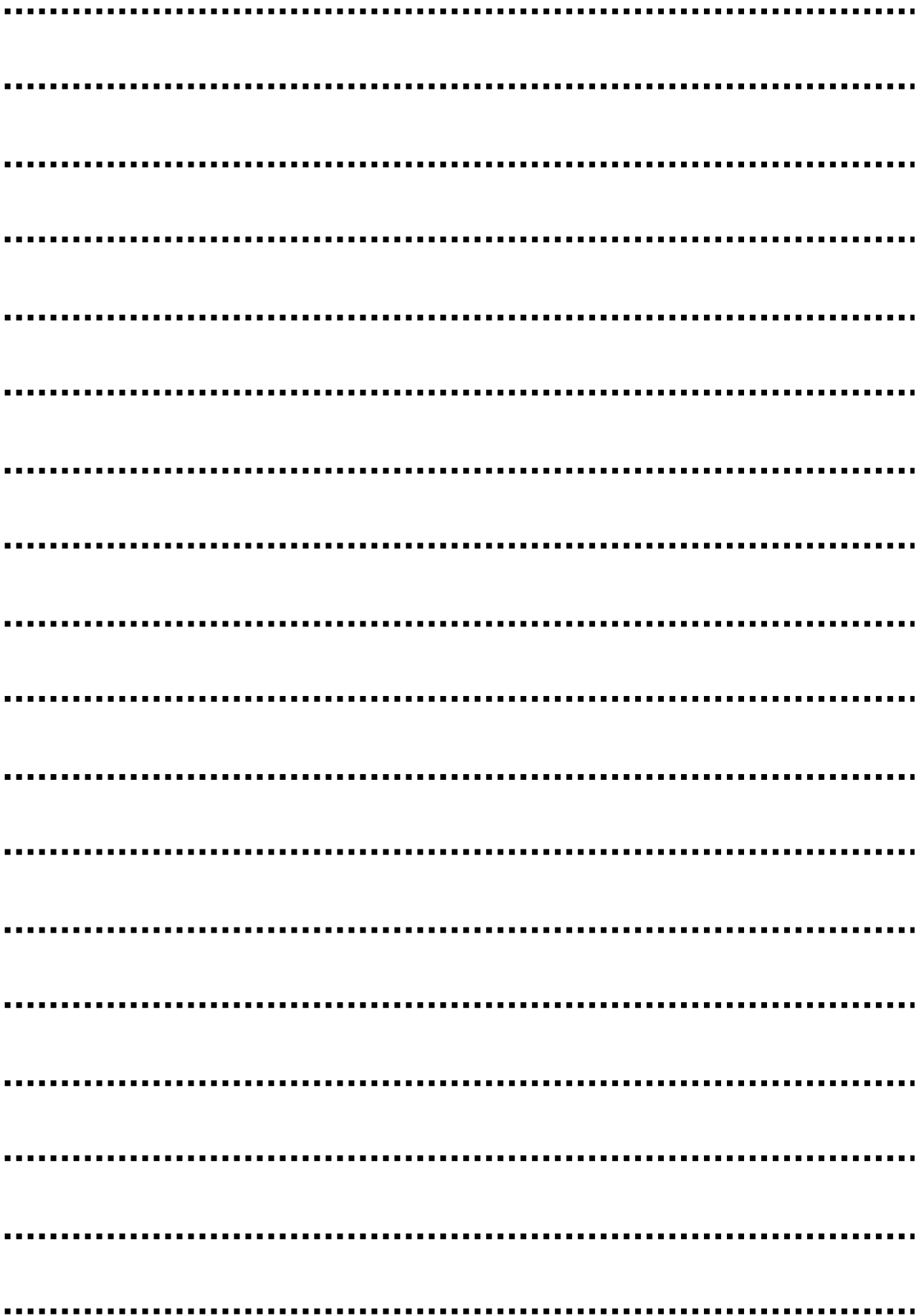
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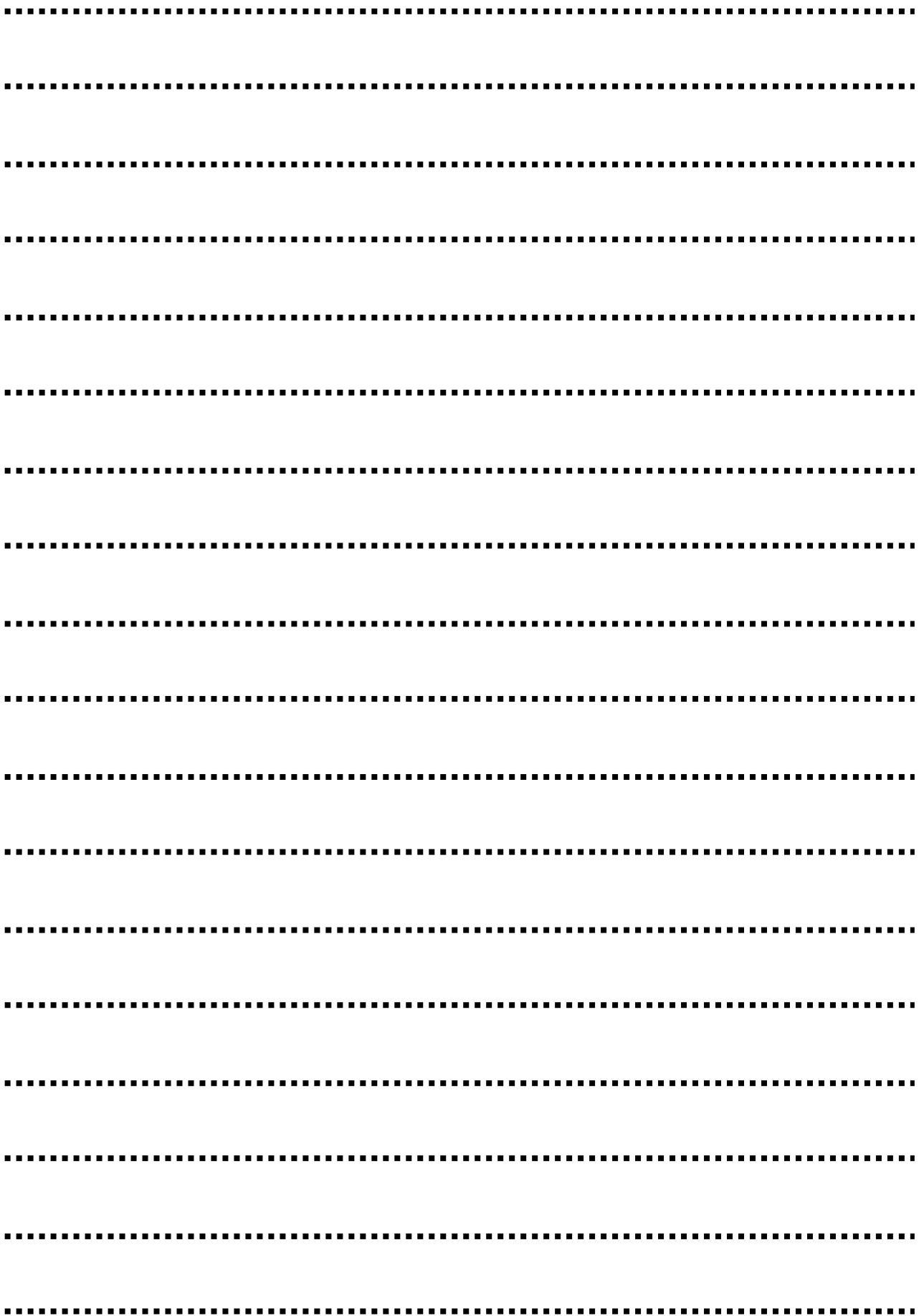
Welcome to this space of healing and growth. We are honored to be part of your journey and are excited to witness your transformation and progress. You are not alone, and we are here to support you every step of the way.

With love and compassion,

Erica Young and

The Overcoming 2 Become Team





Week 1: Building a Foundation for Healing

DATE:

Write down your thoughts and feelings about a challenging situation you faced recently. How can you respond to similar situations with more self-compassion?

Devotional/Check-In: Today, give yourself permission to let go of any self-blame or guilt. You are doing the best you can, and that is enough.

Affirmation: "I release myself from blame and embrace my journey of healing."

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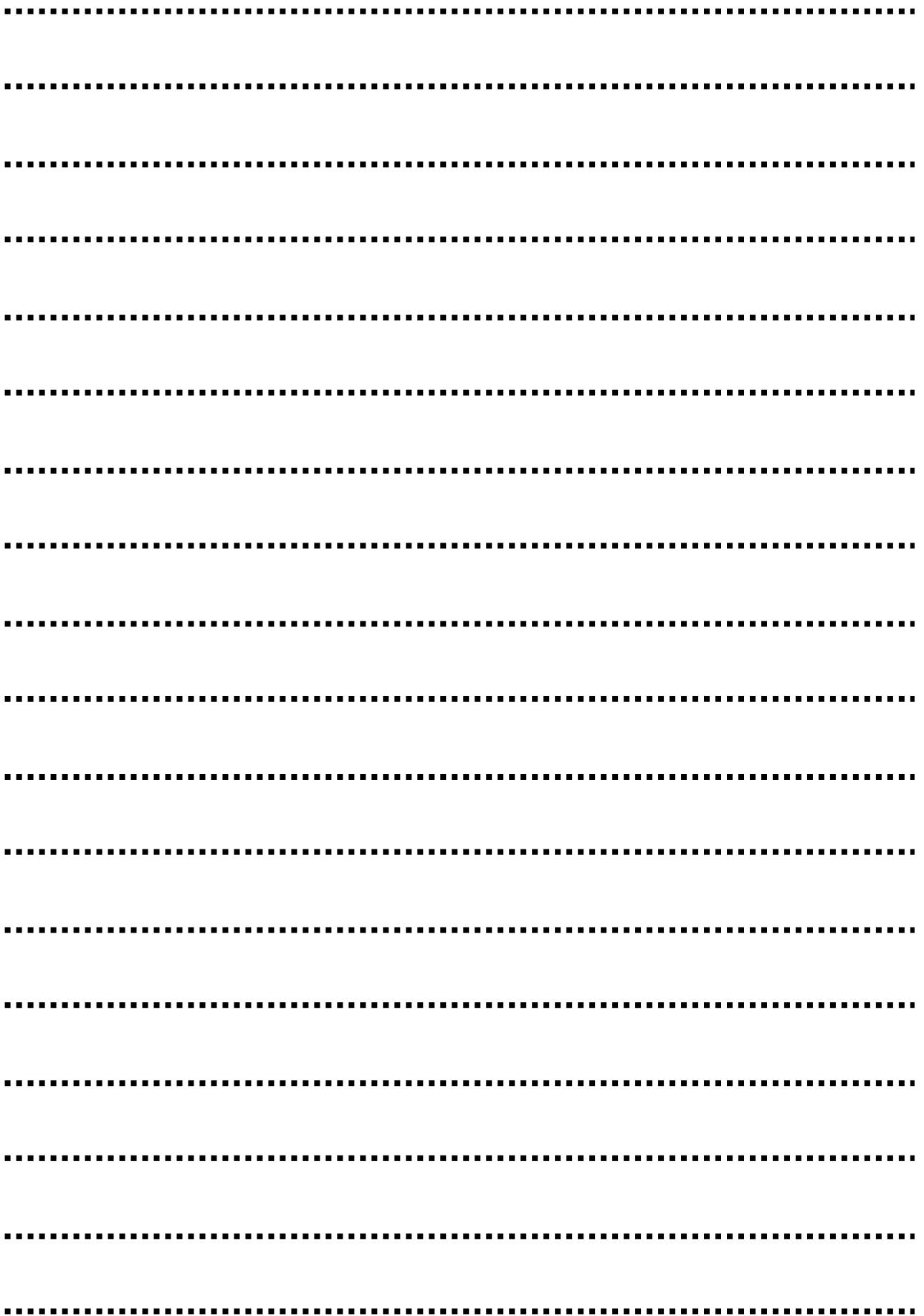
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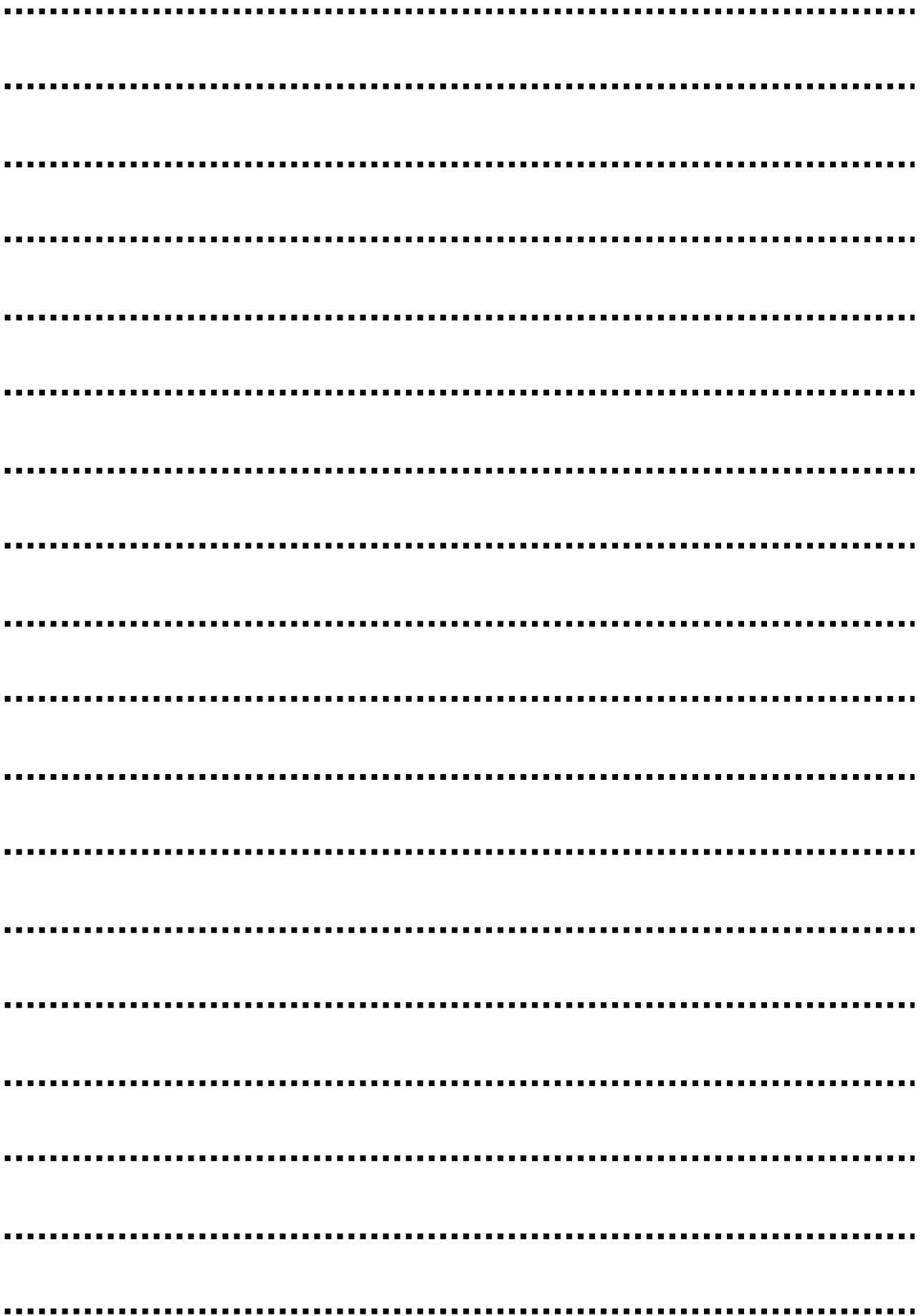
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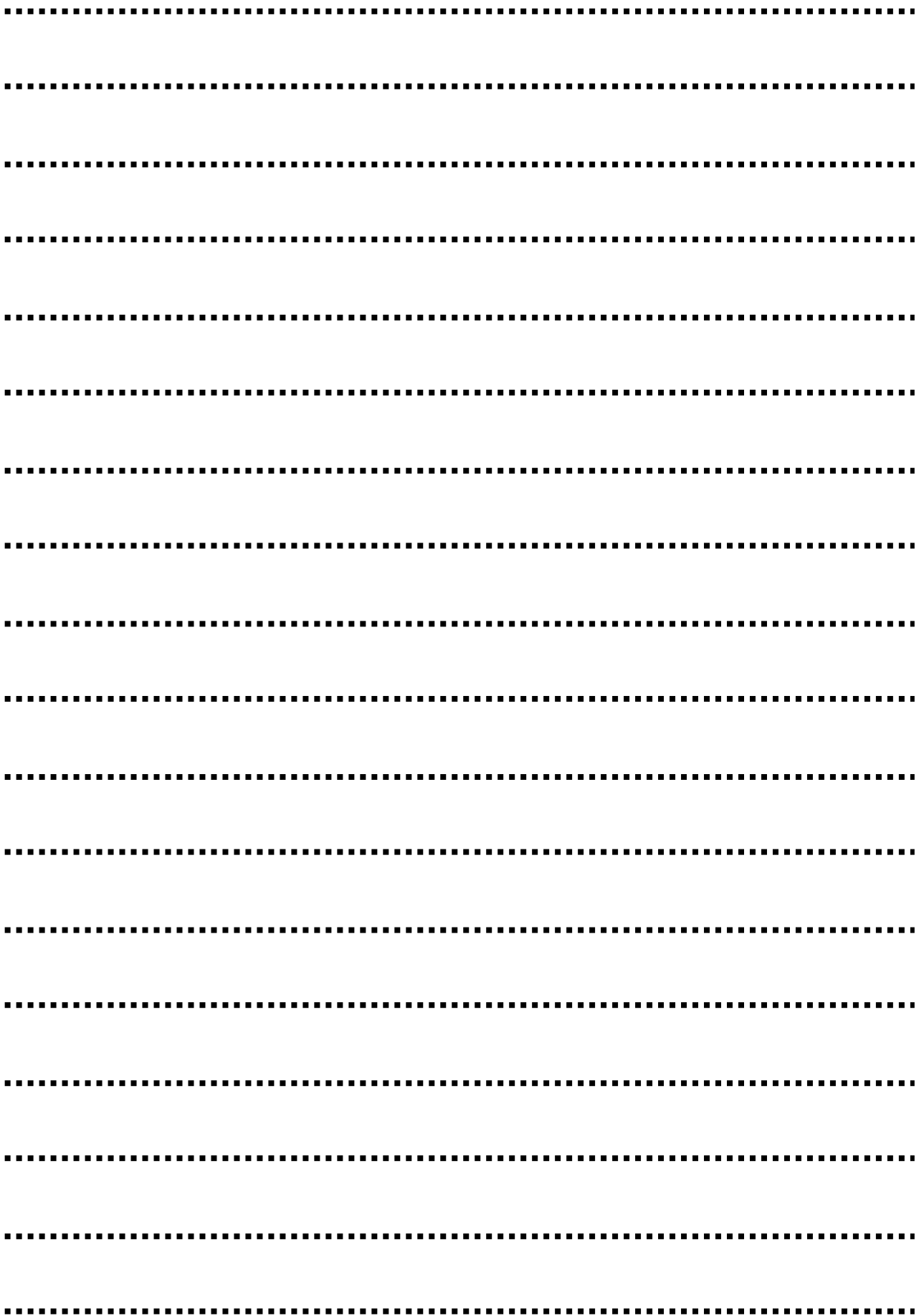
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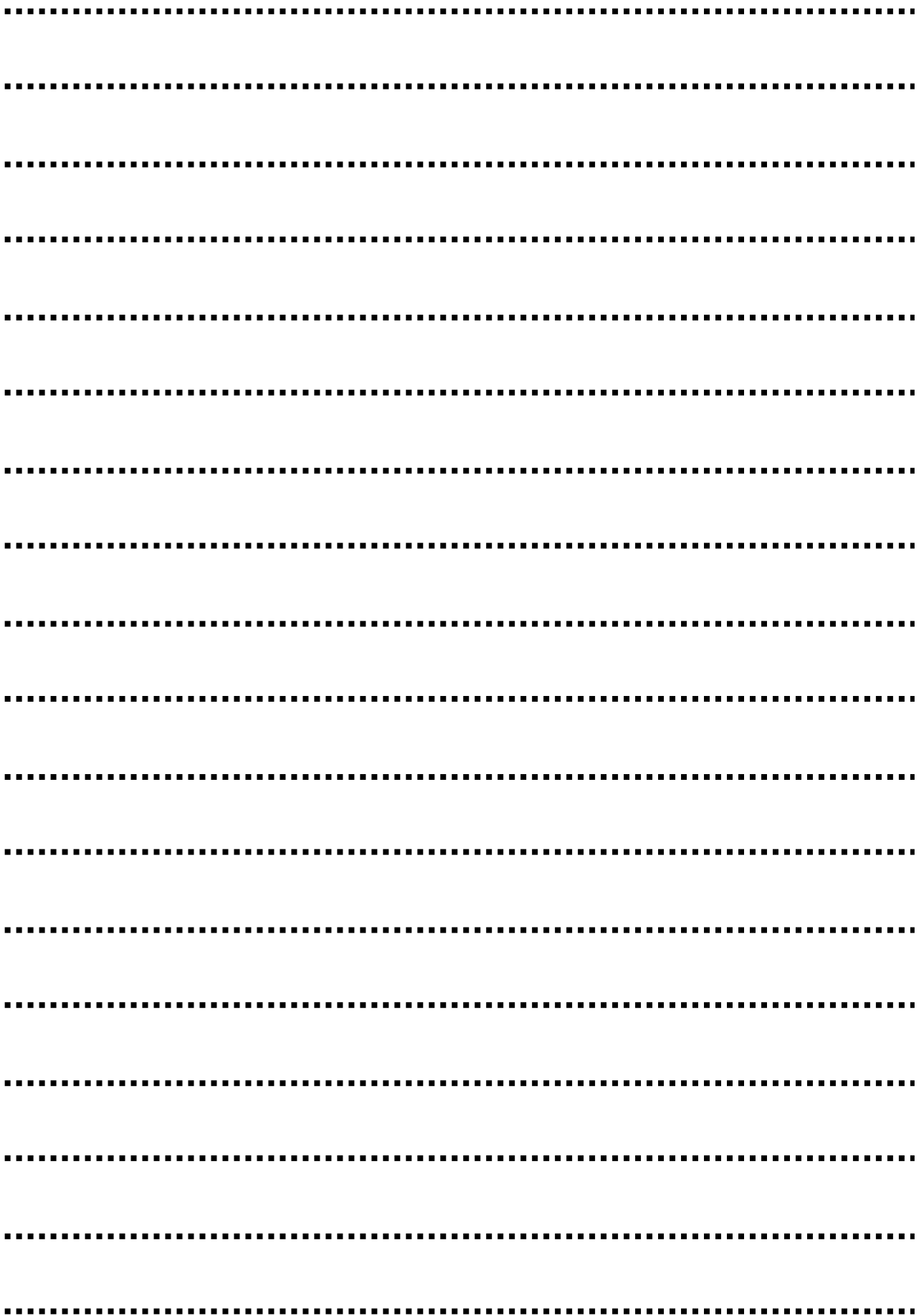
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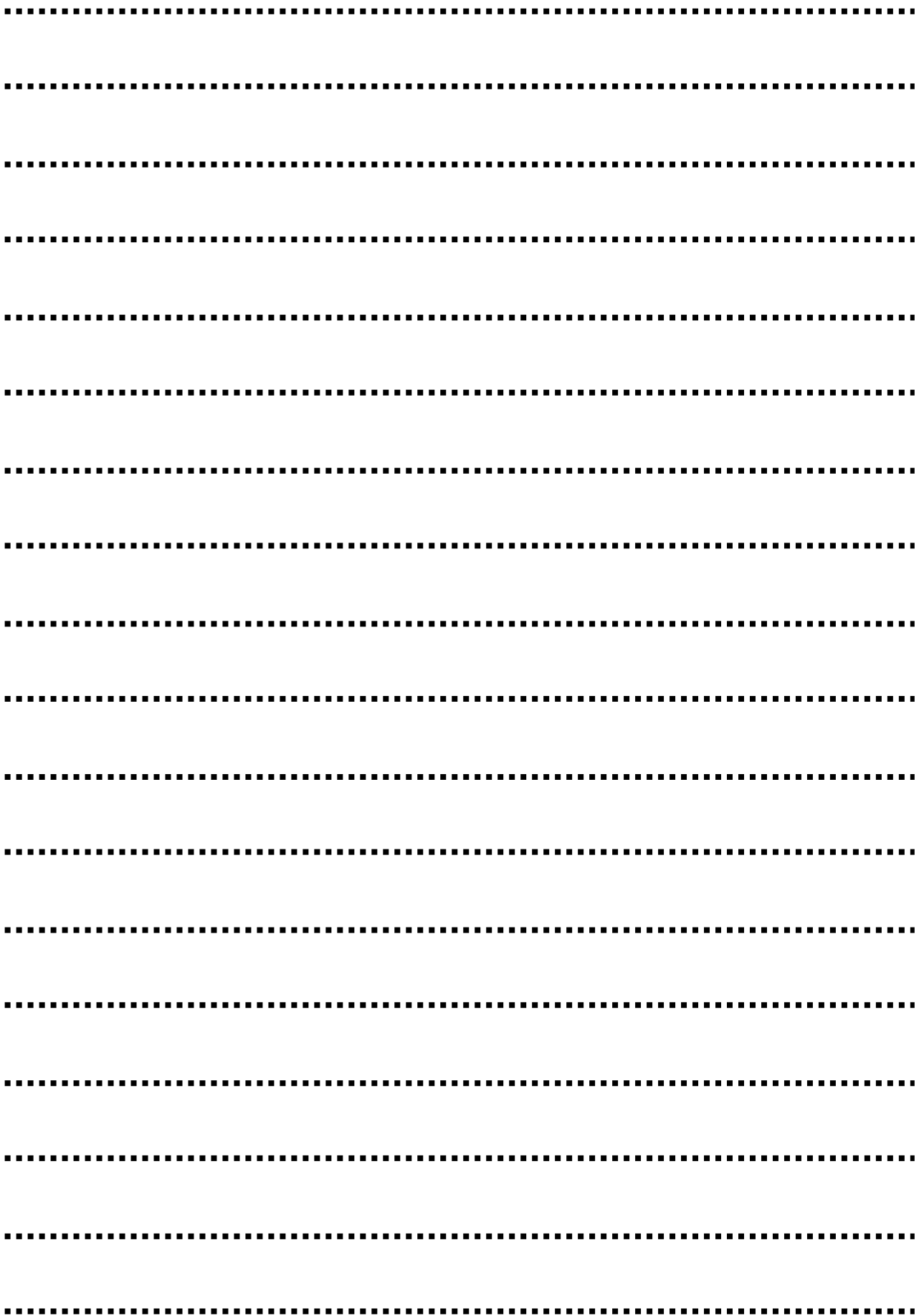
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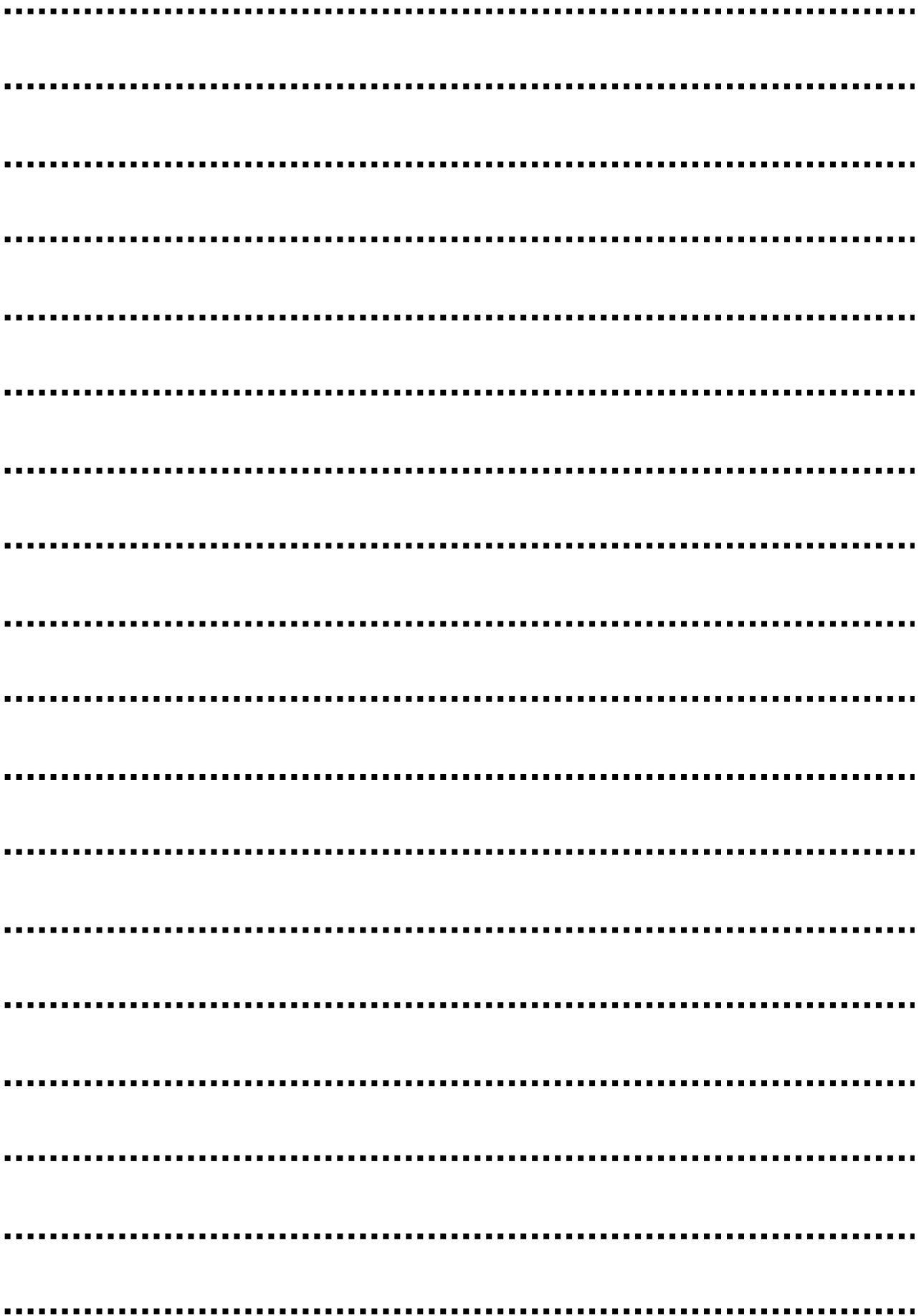


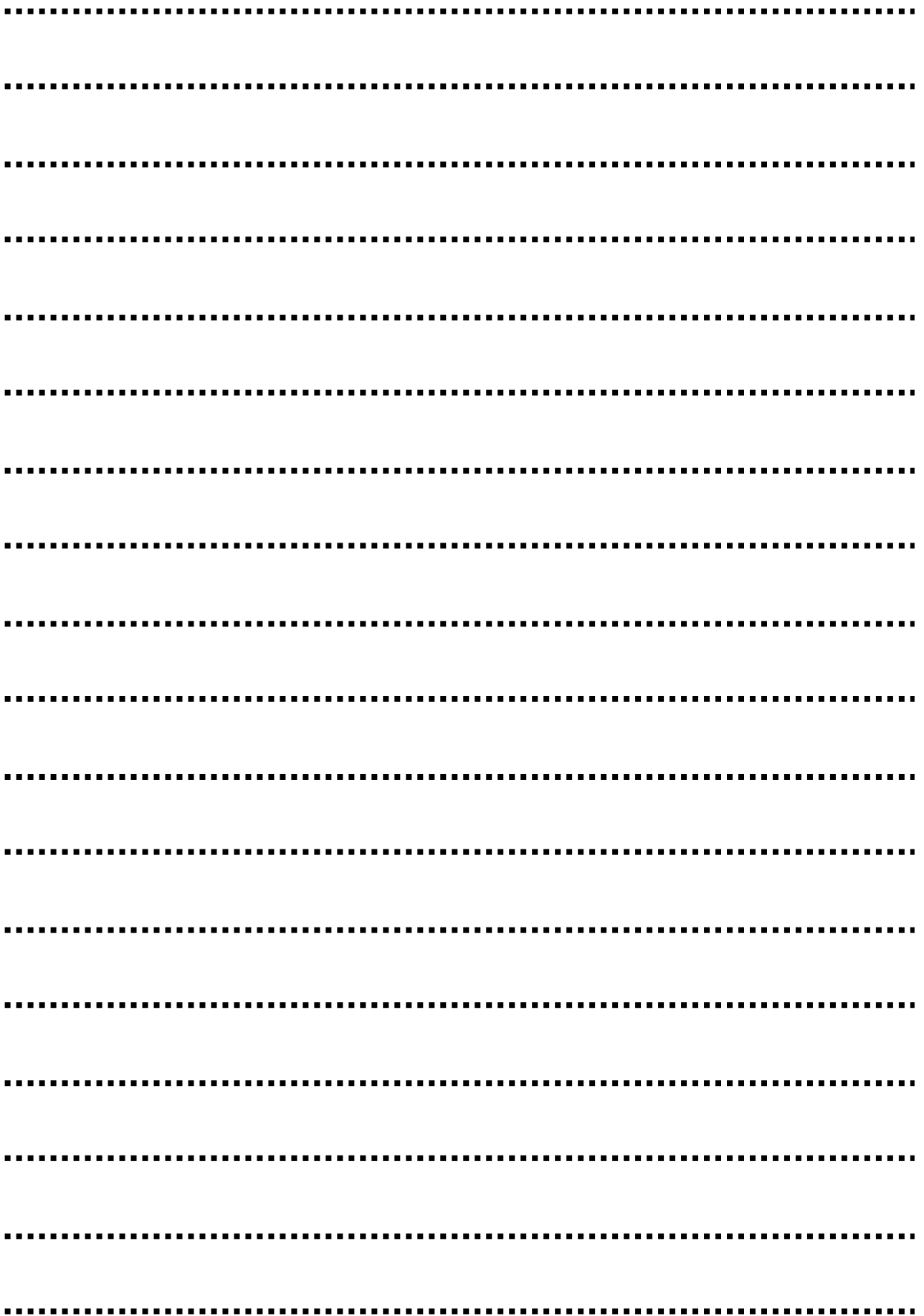


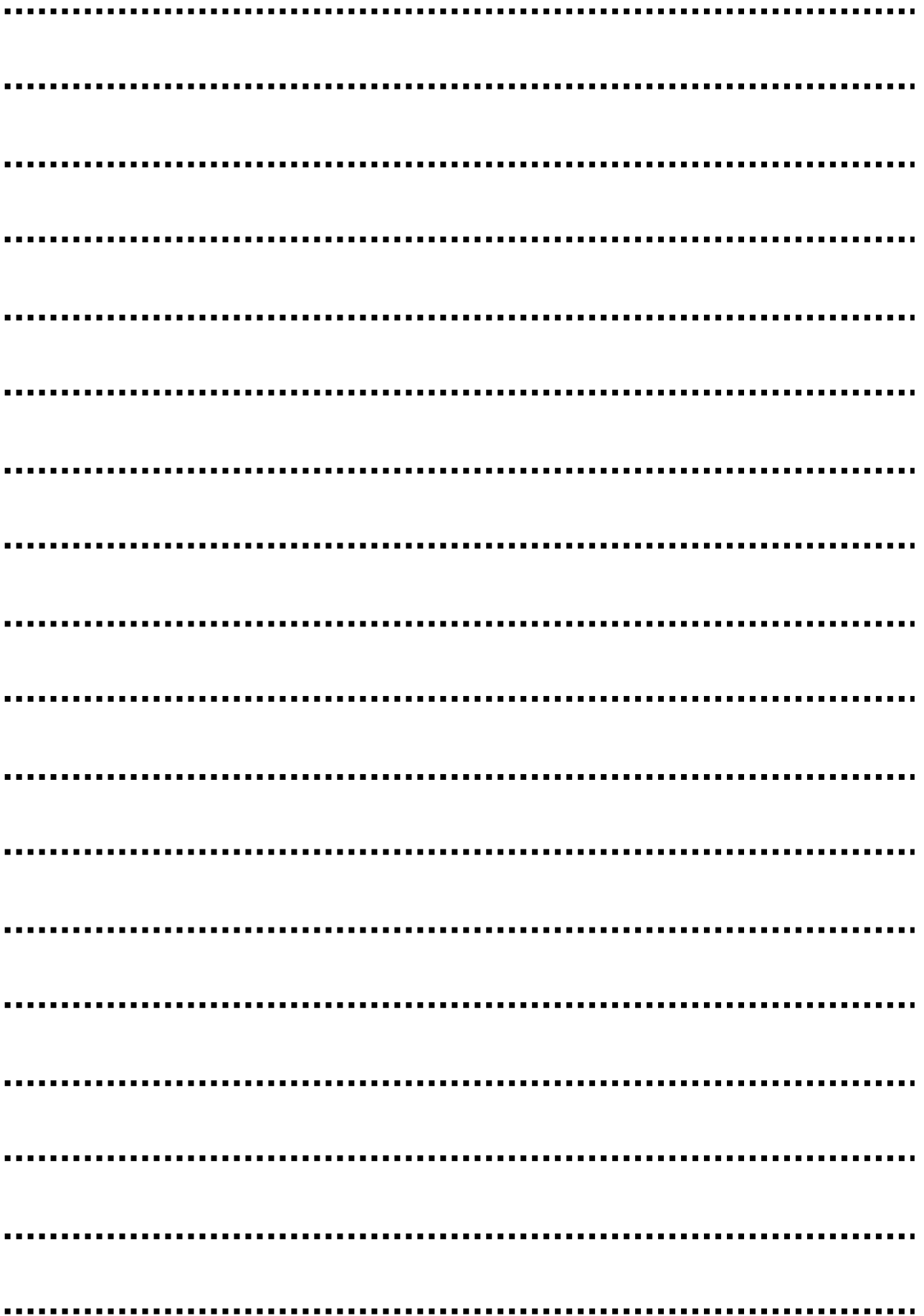


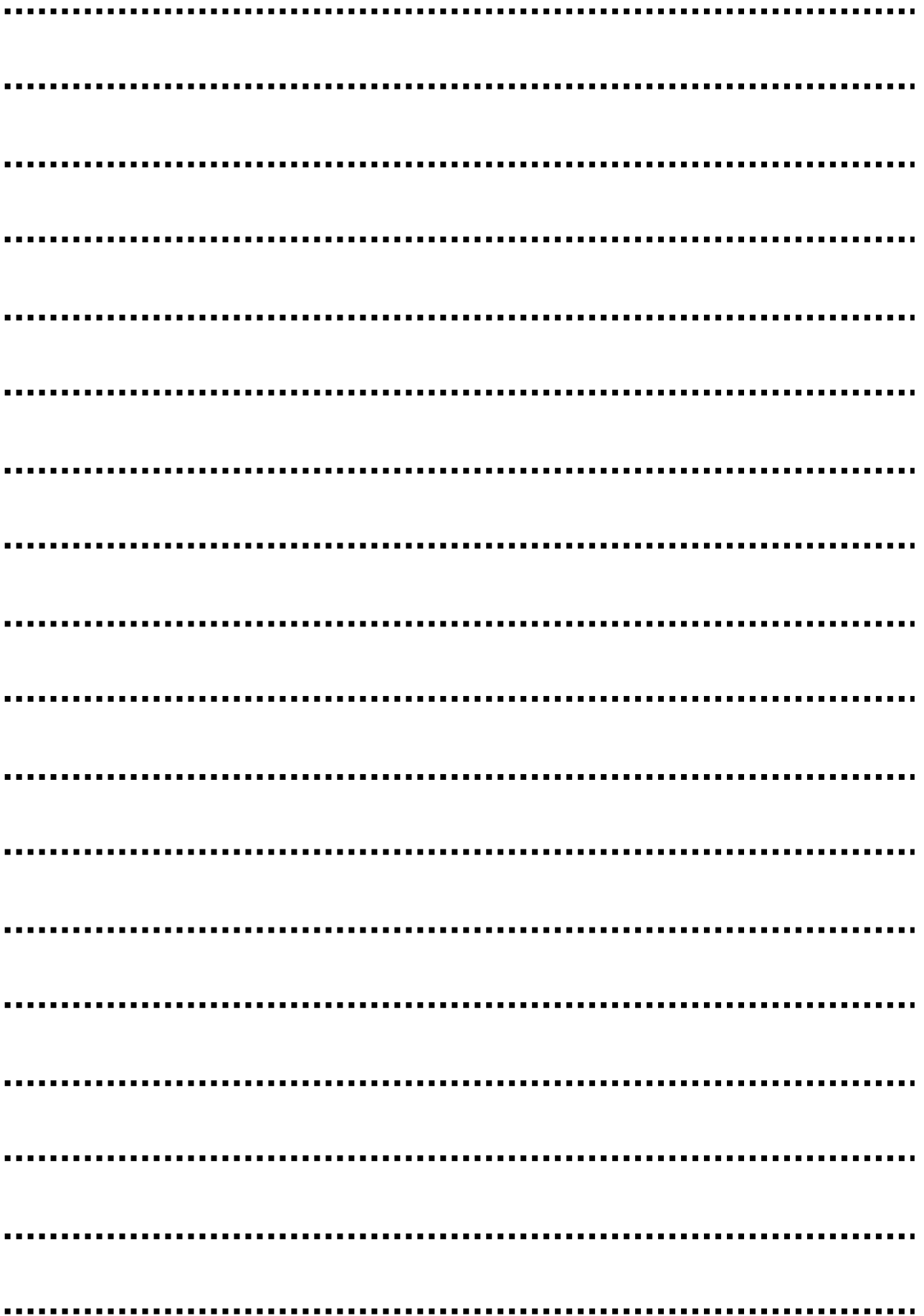


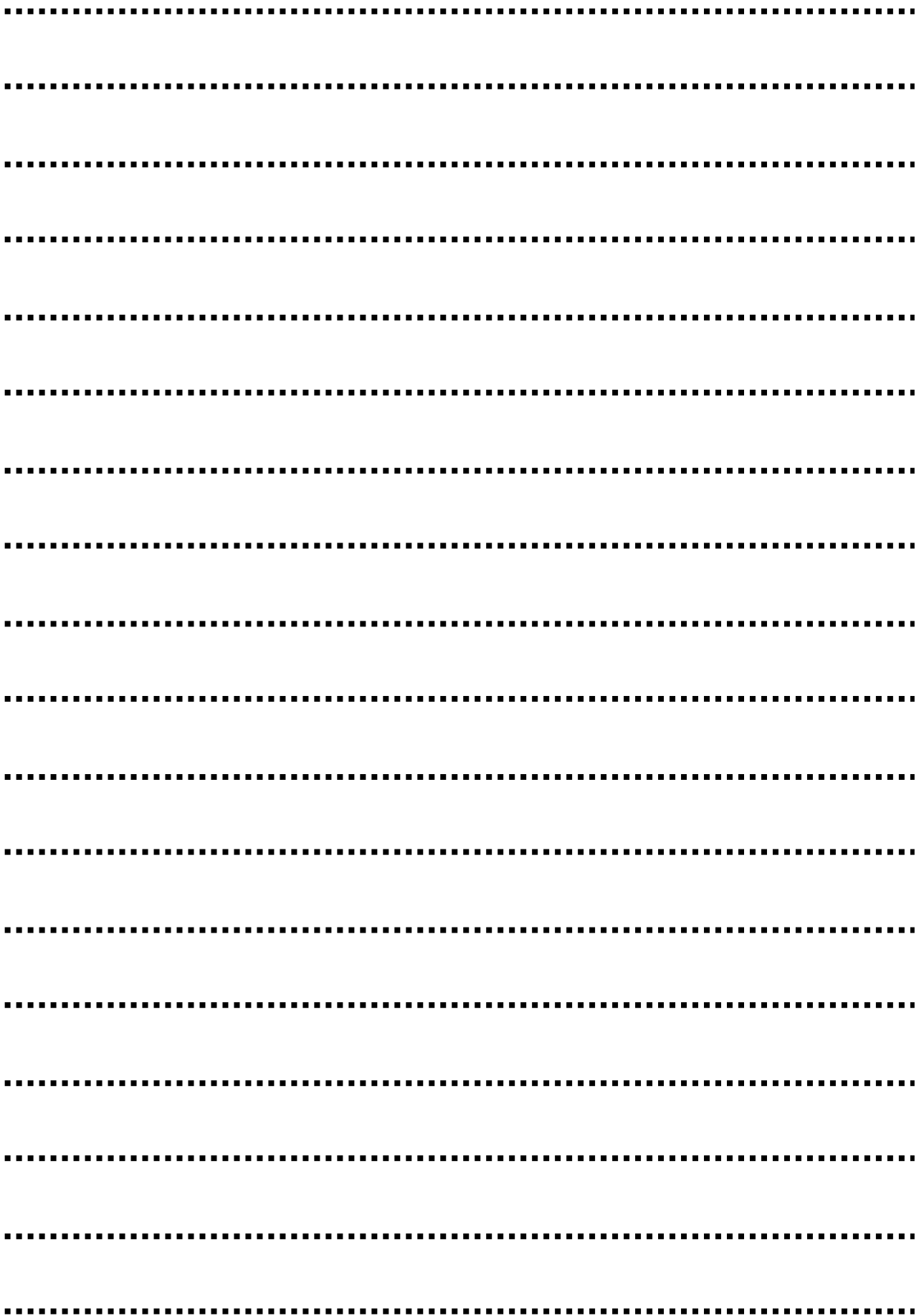


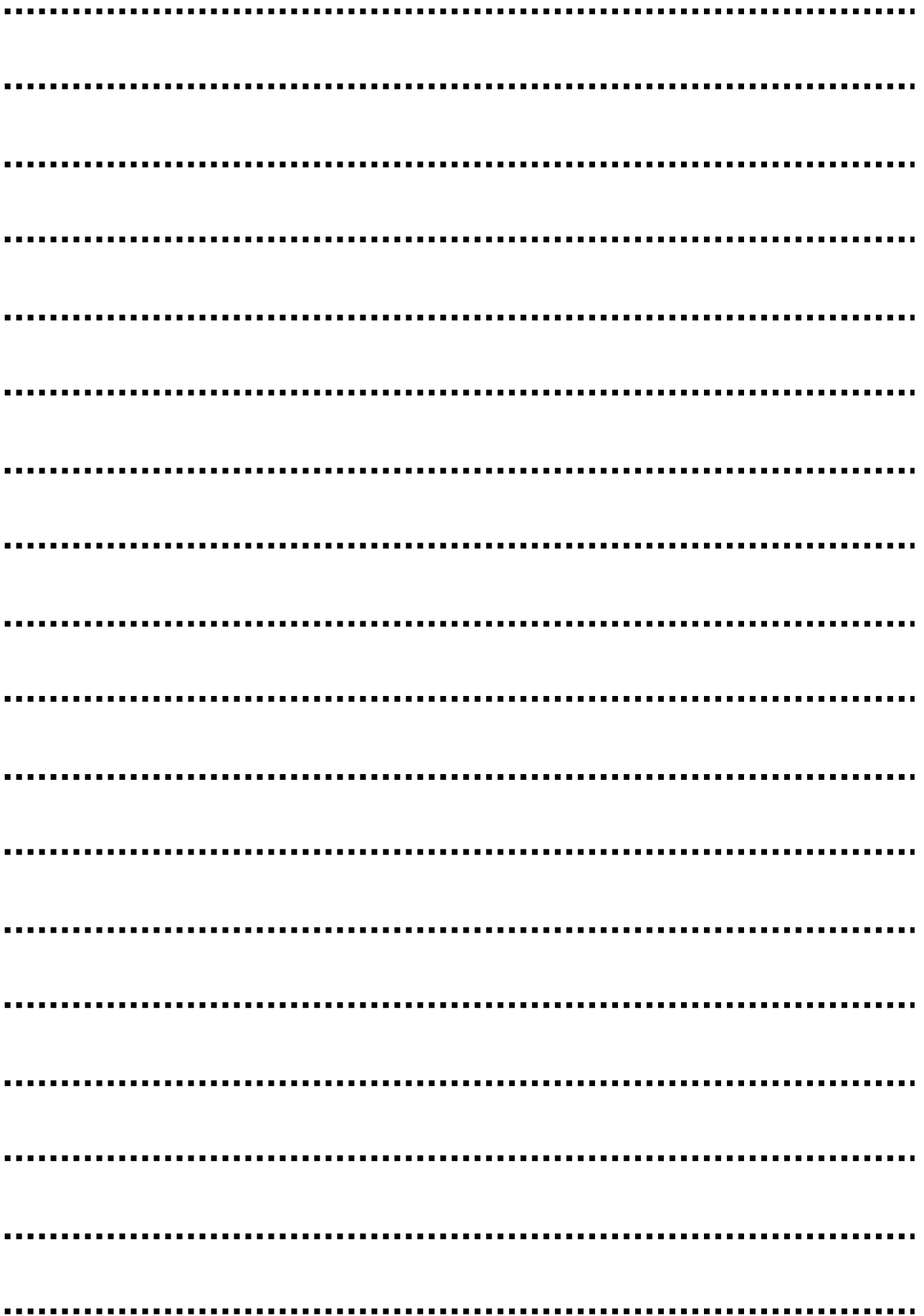


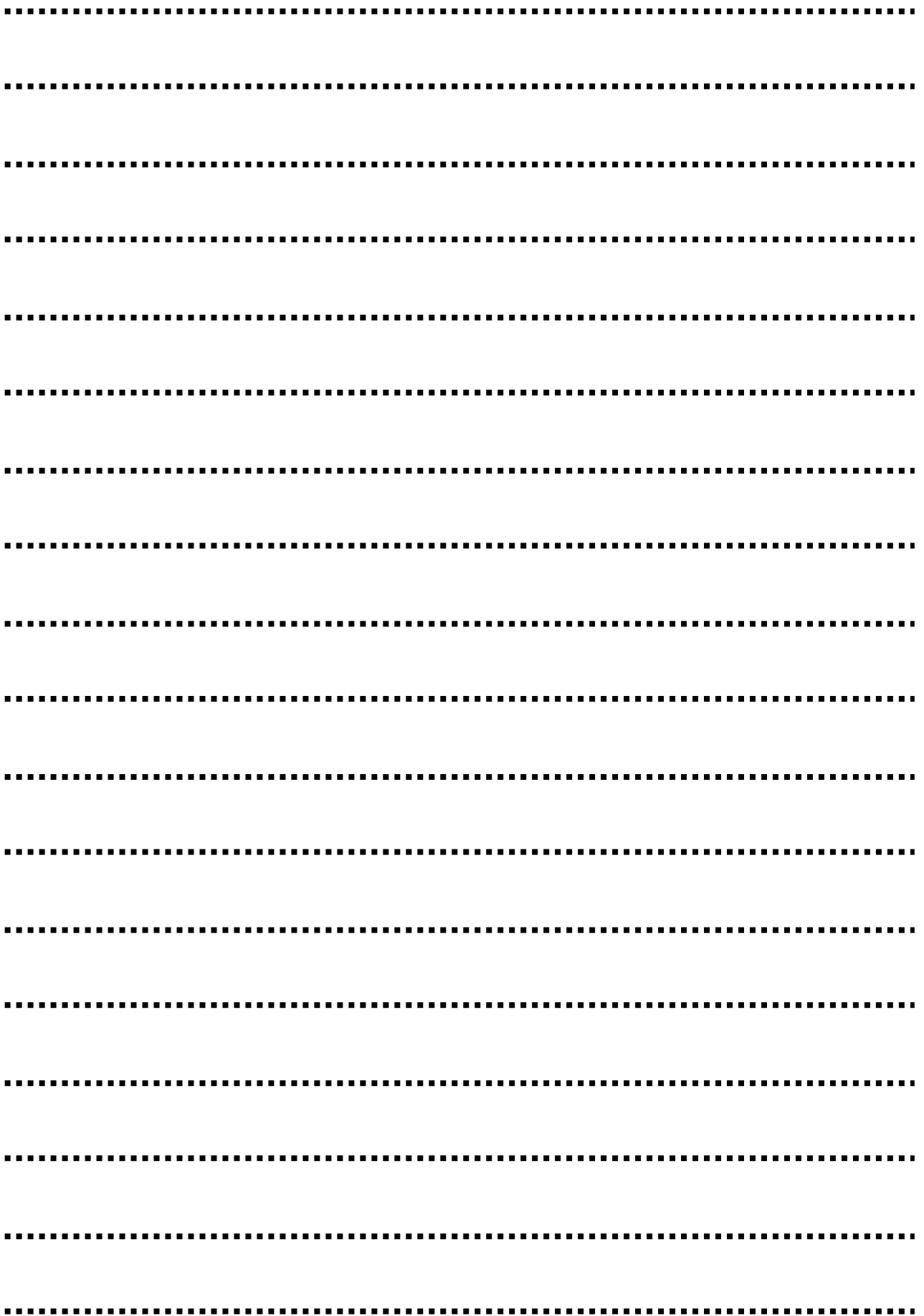


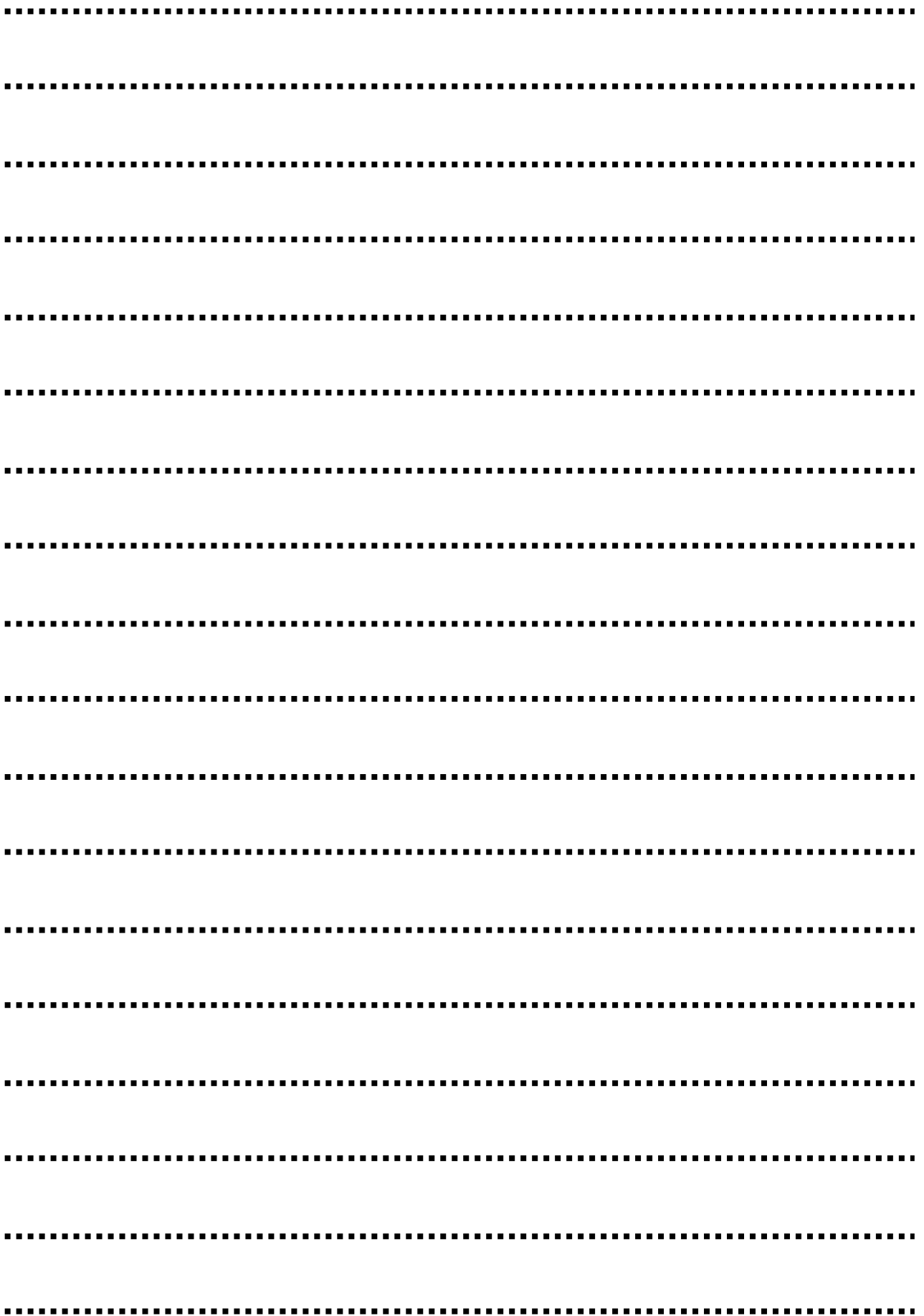


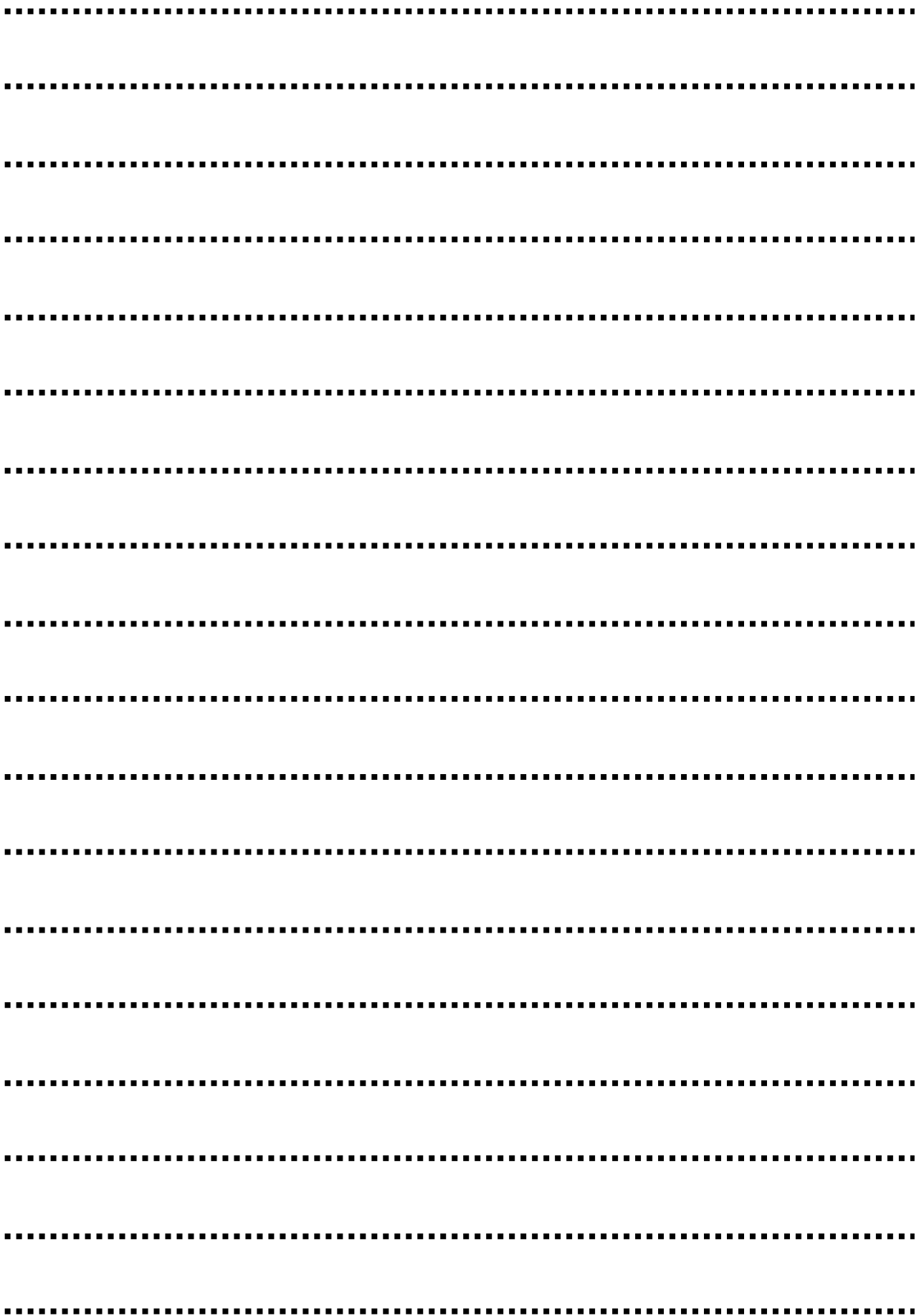


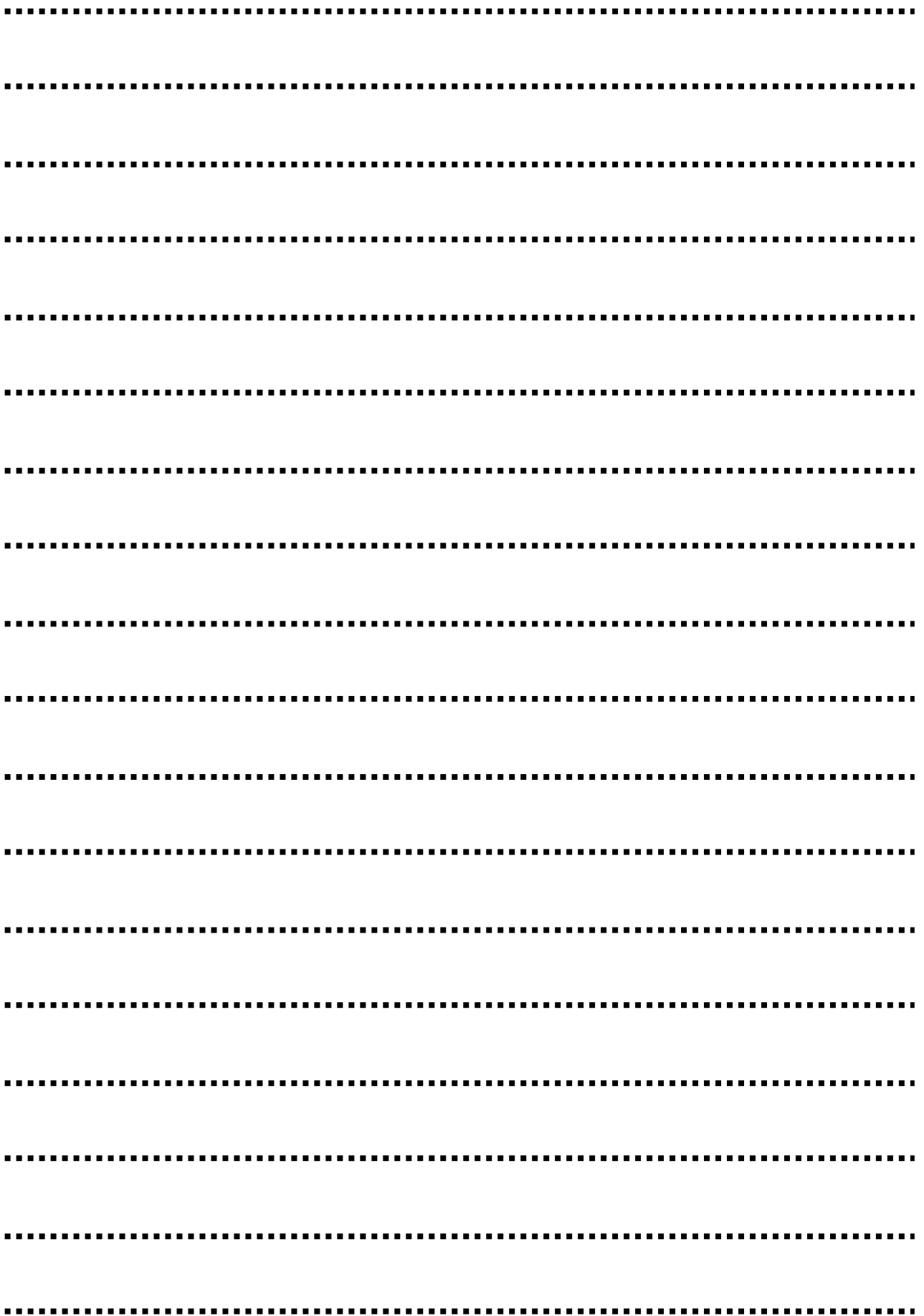


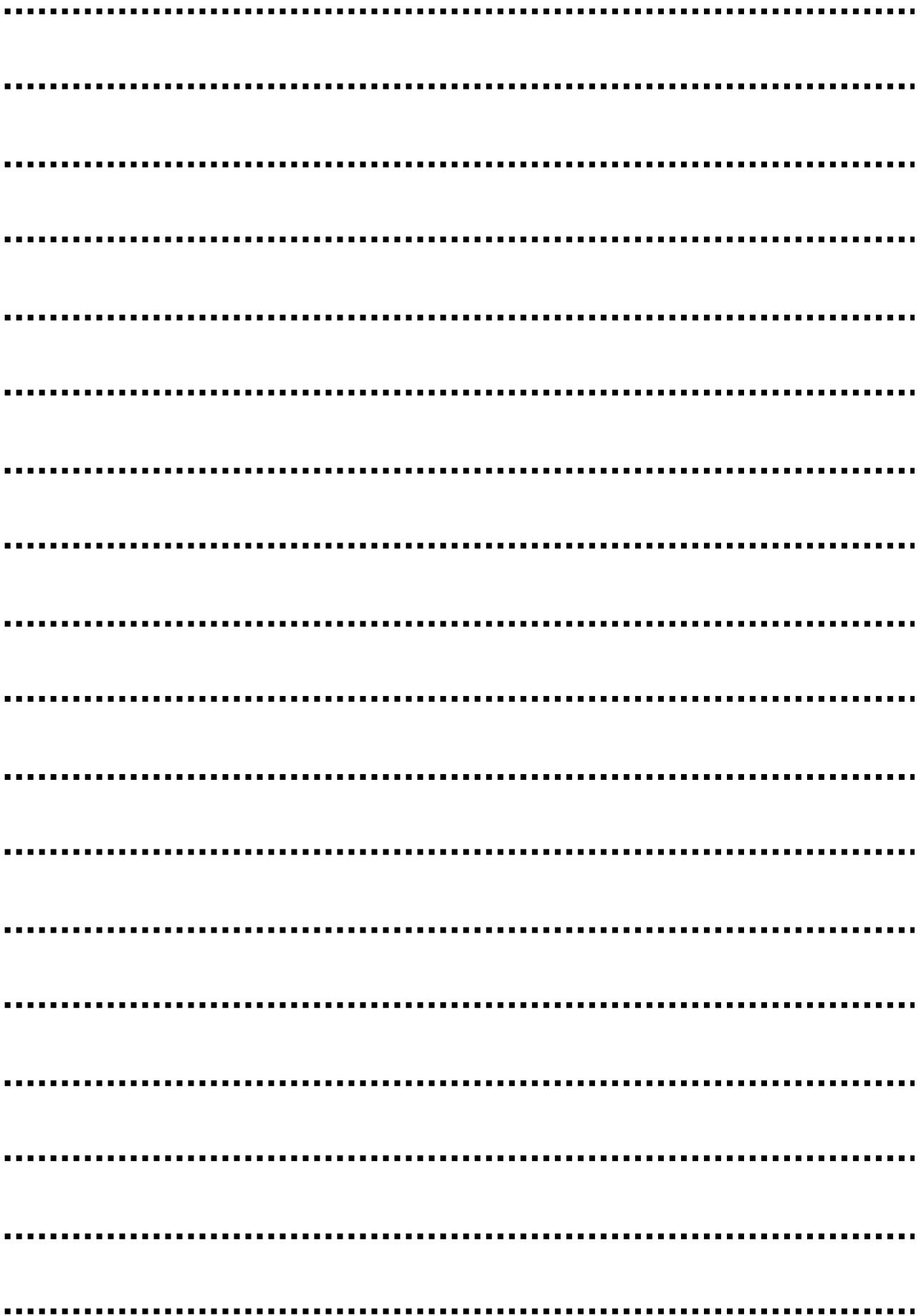


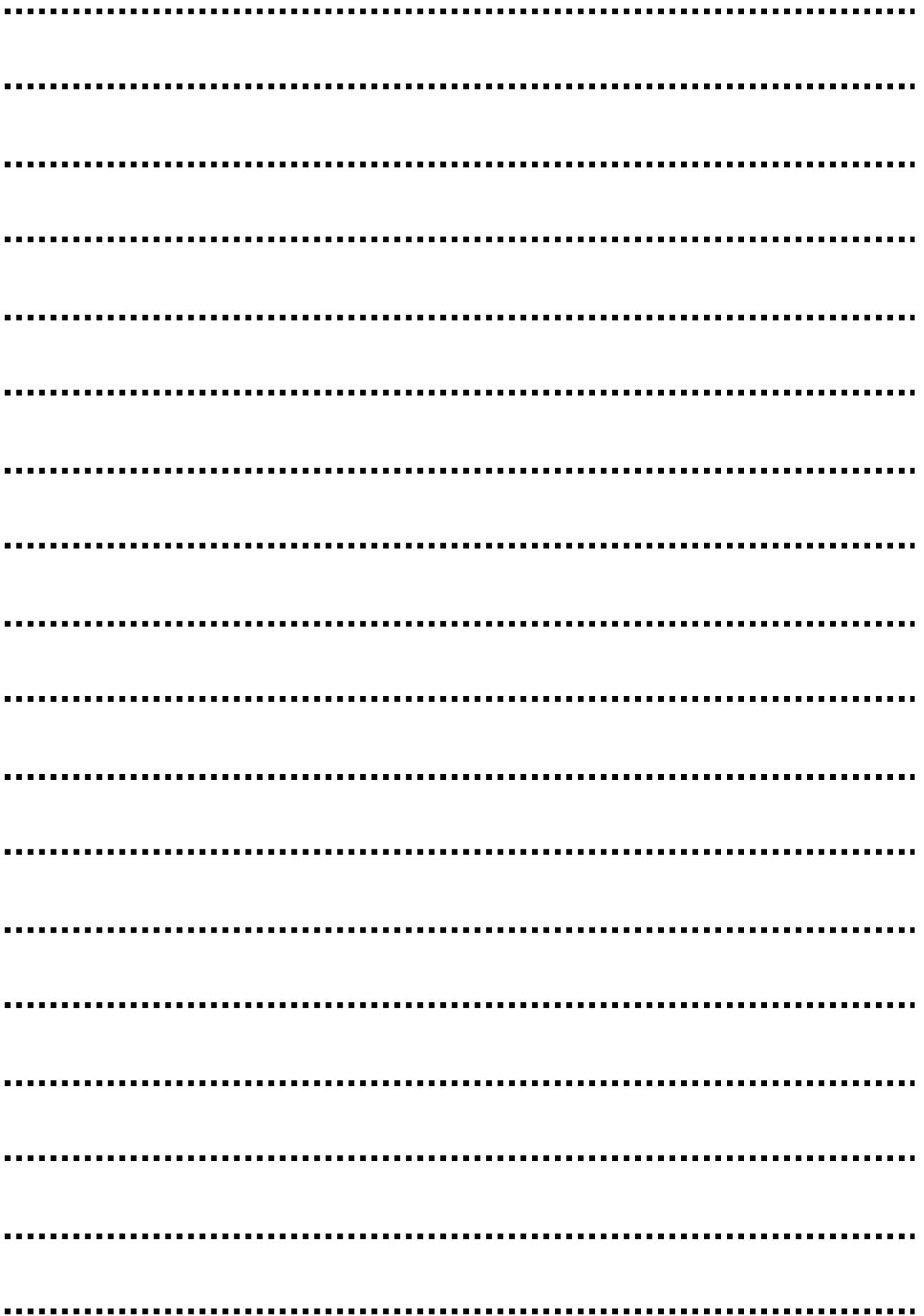


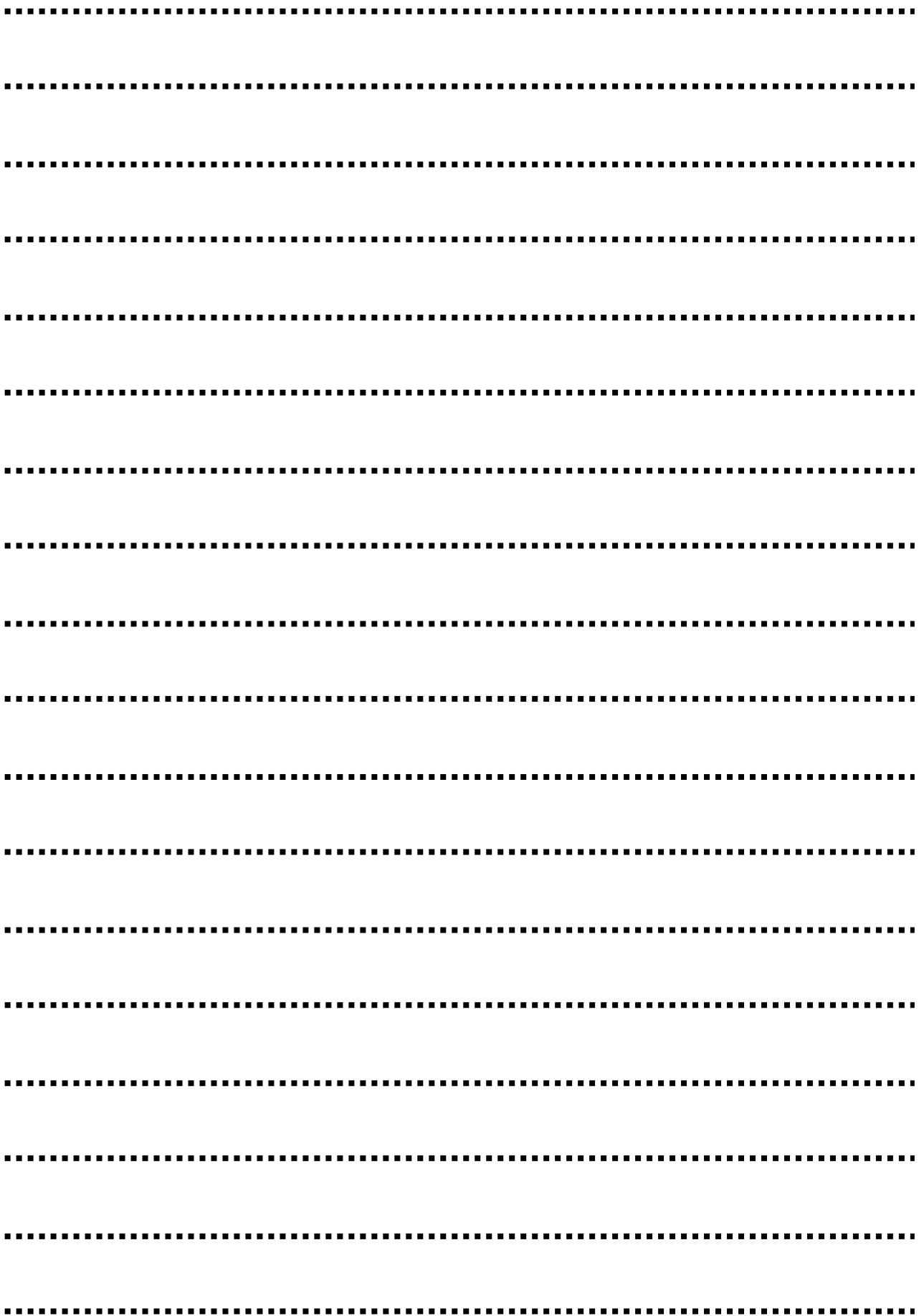


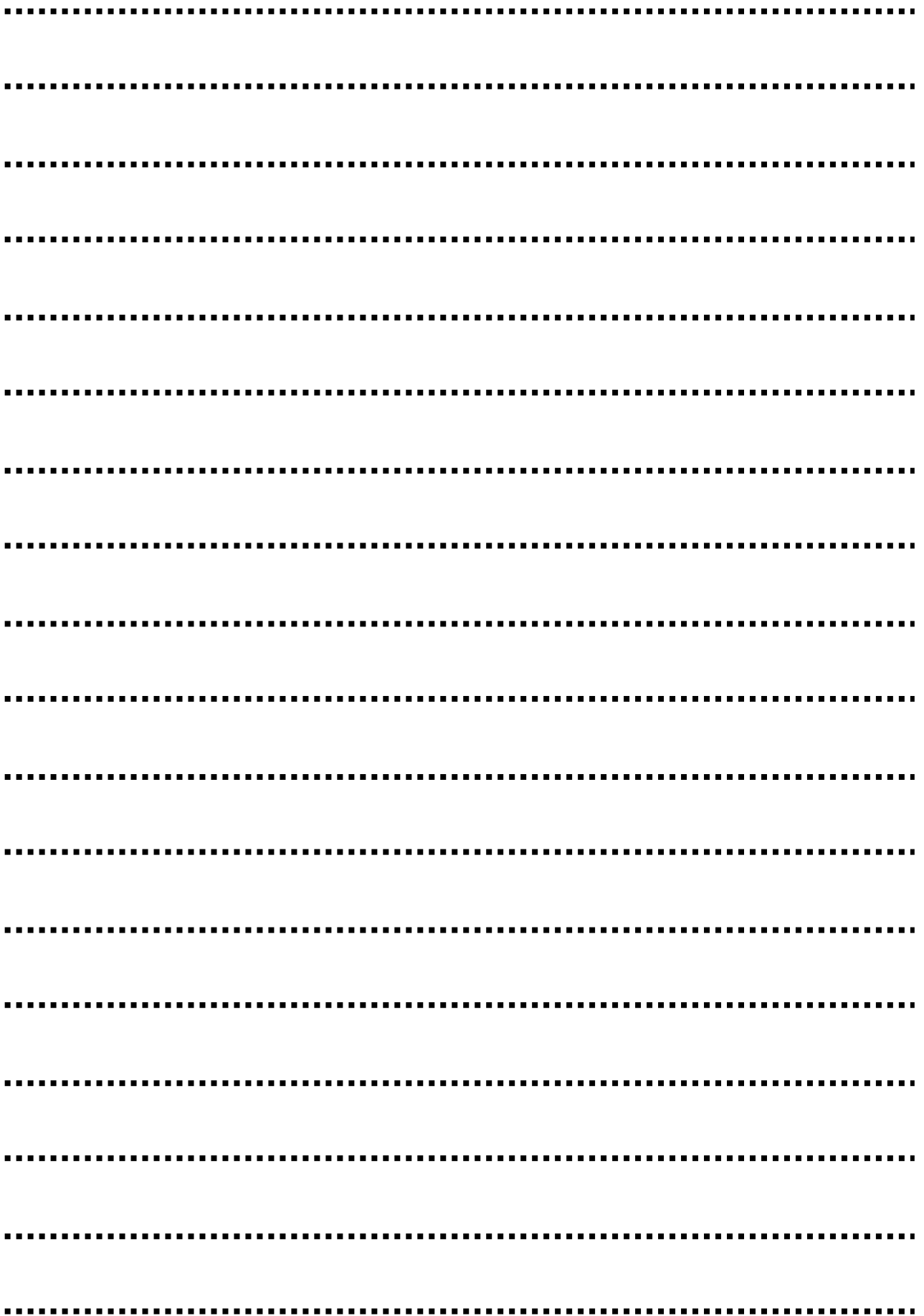


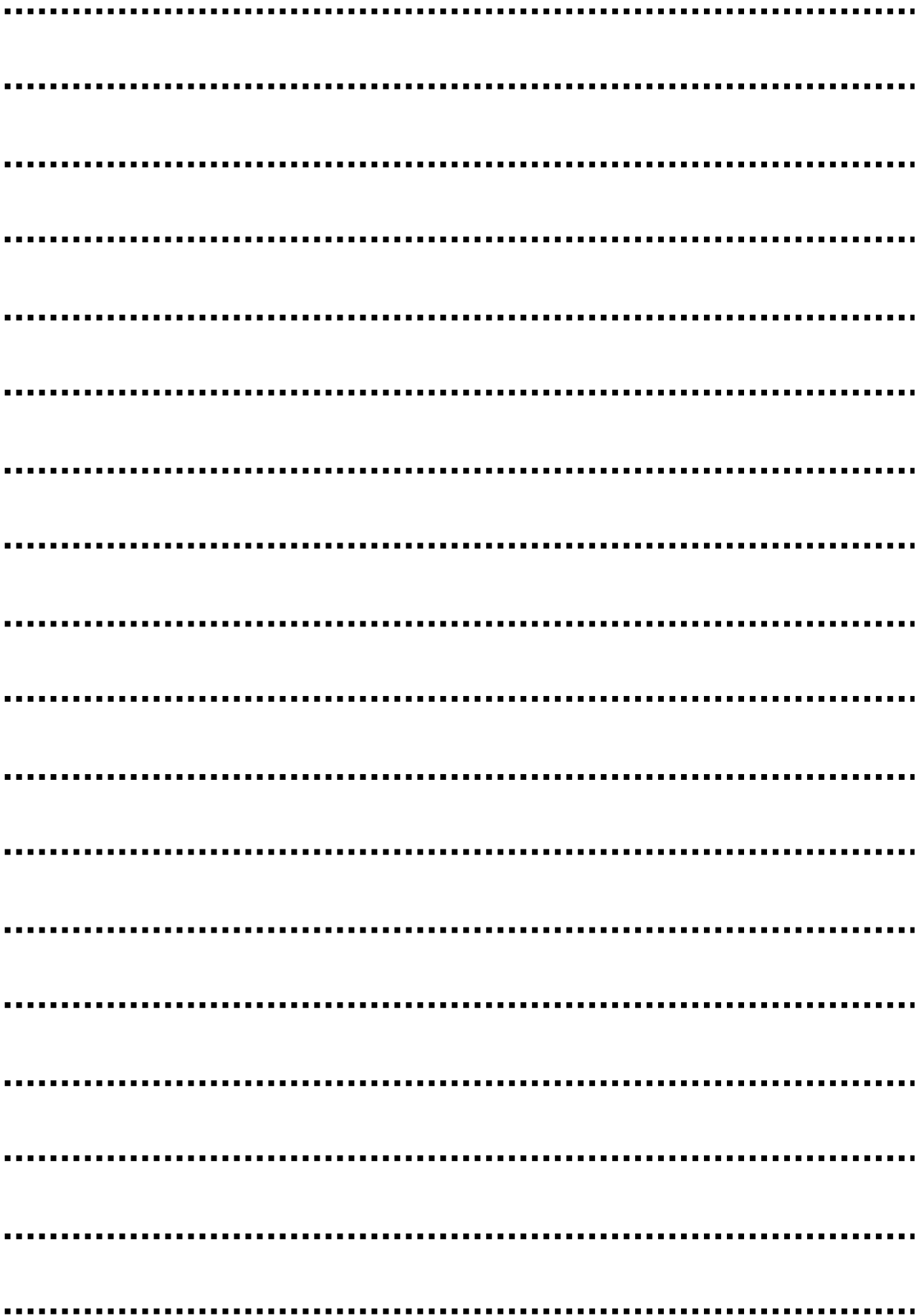


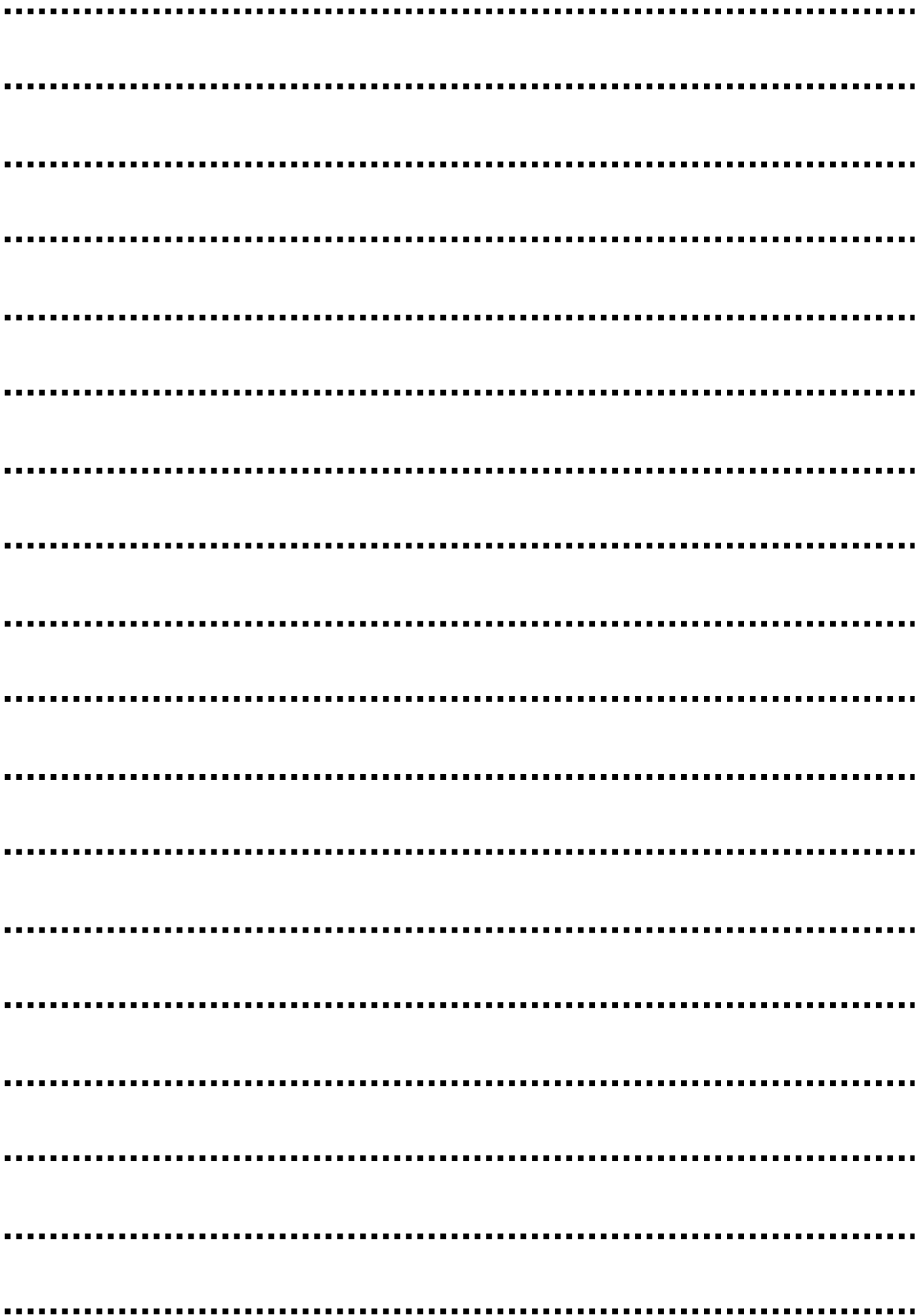


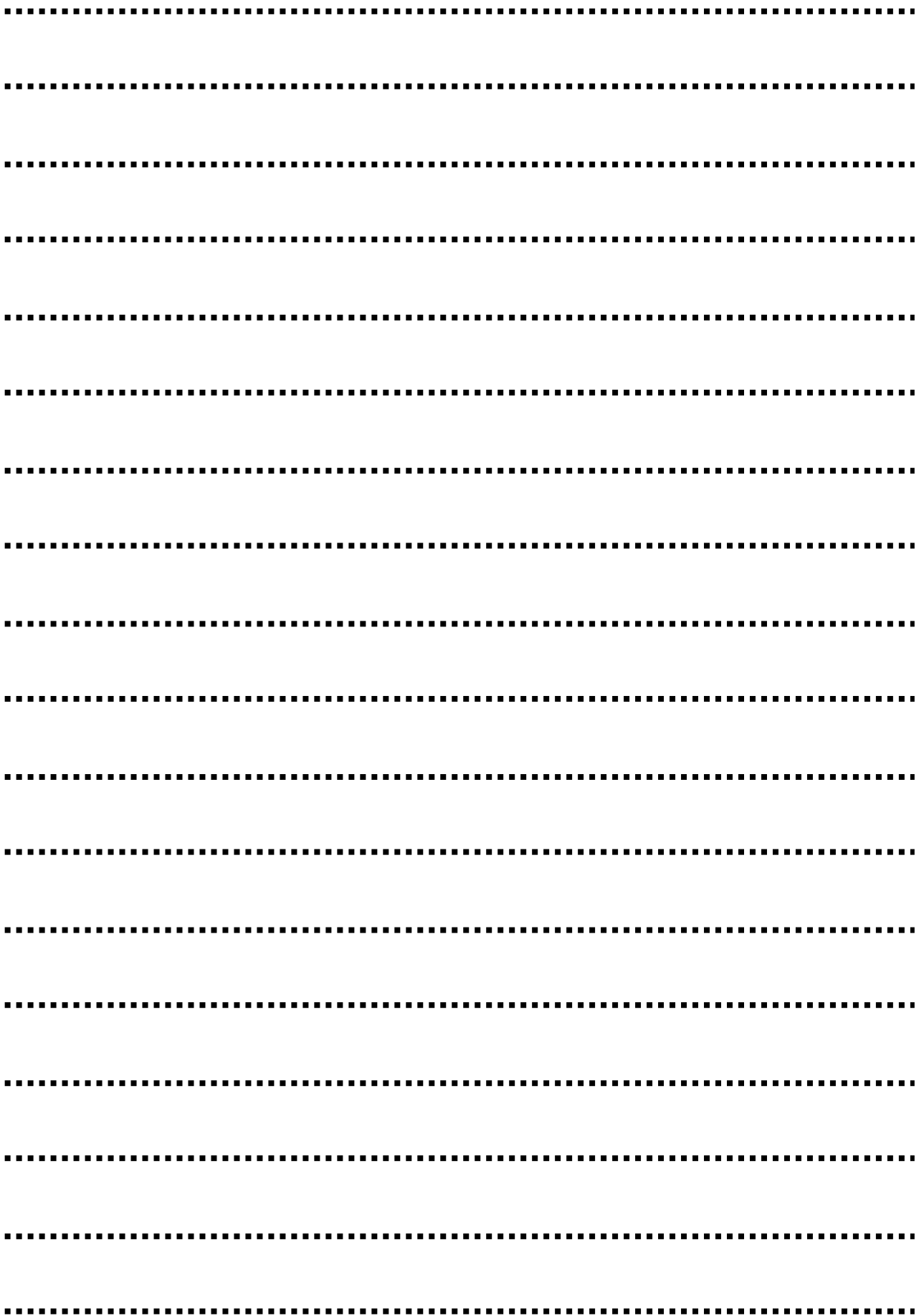


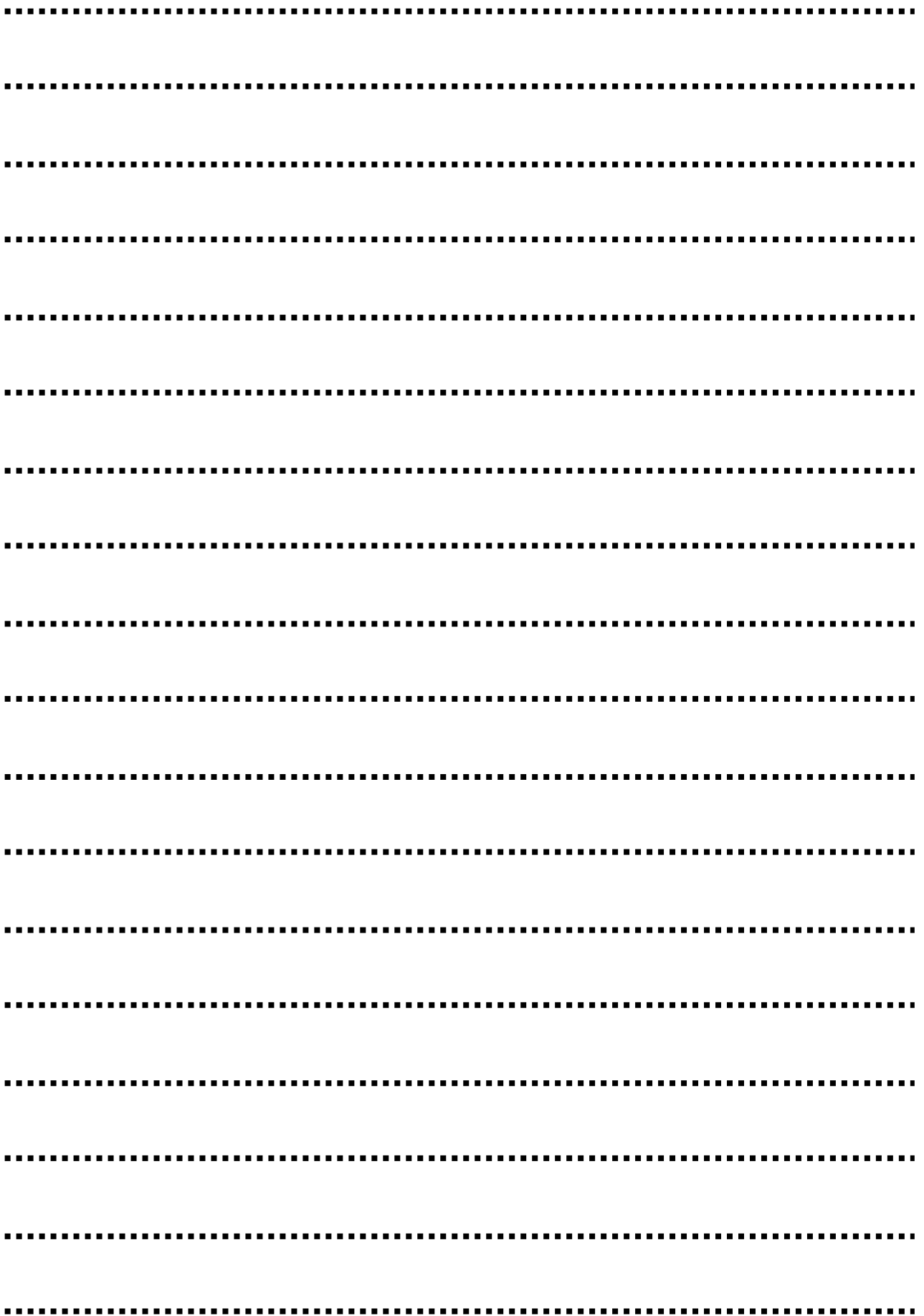


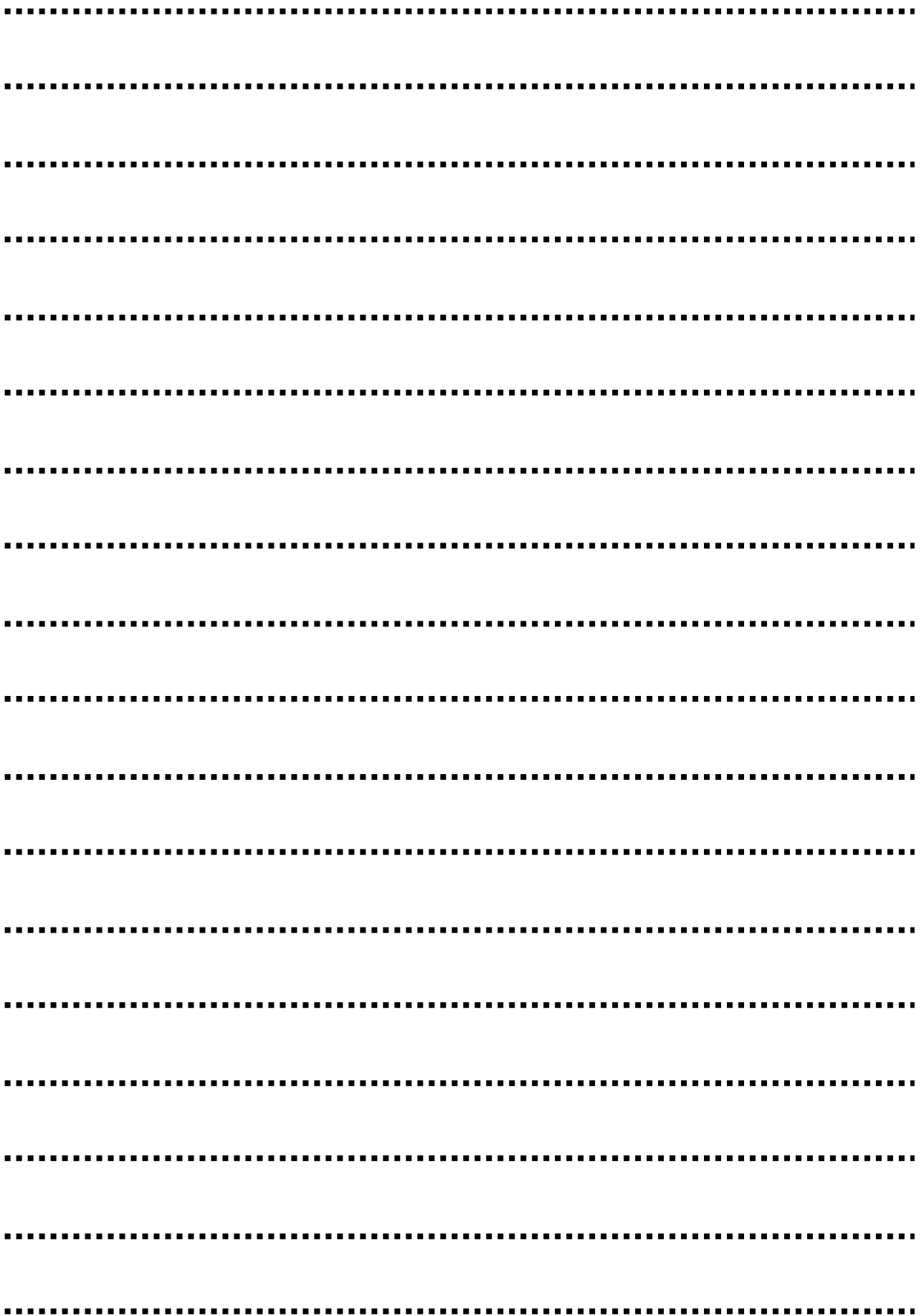


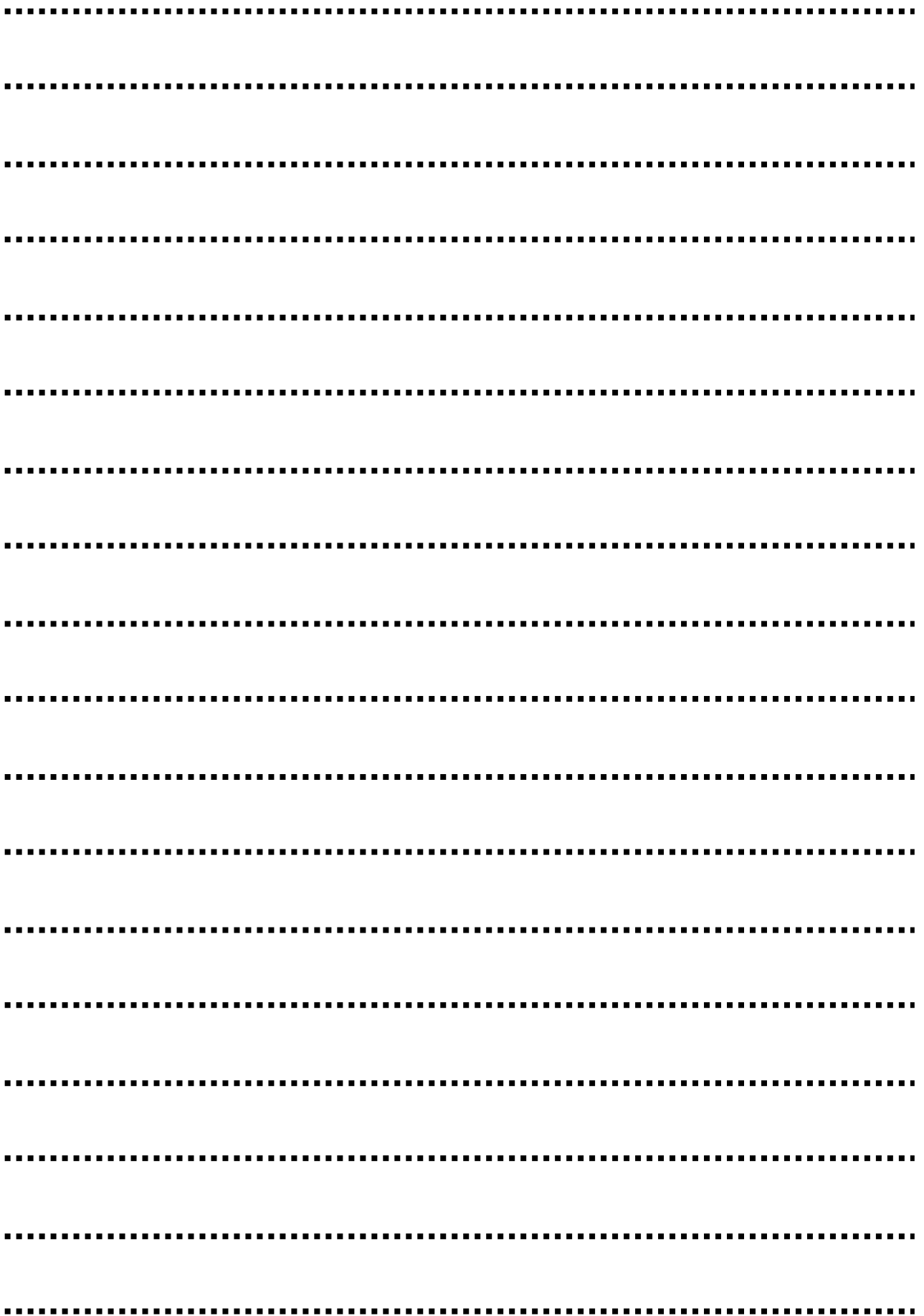


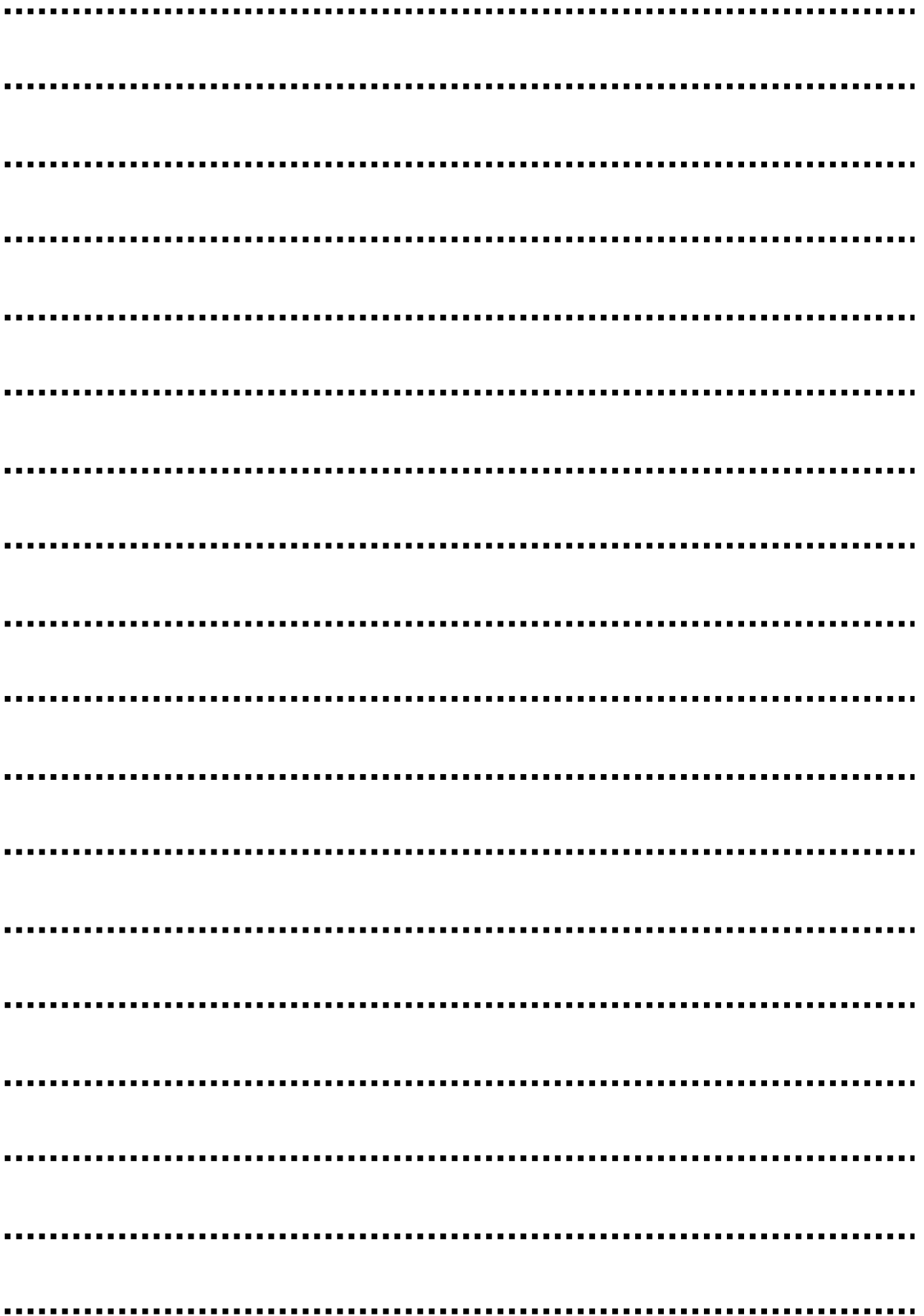


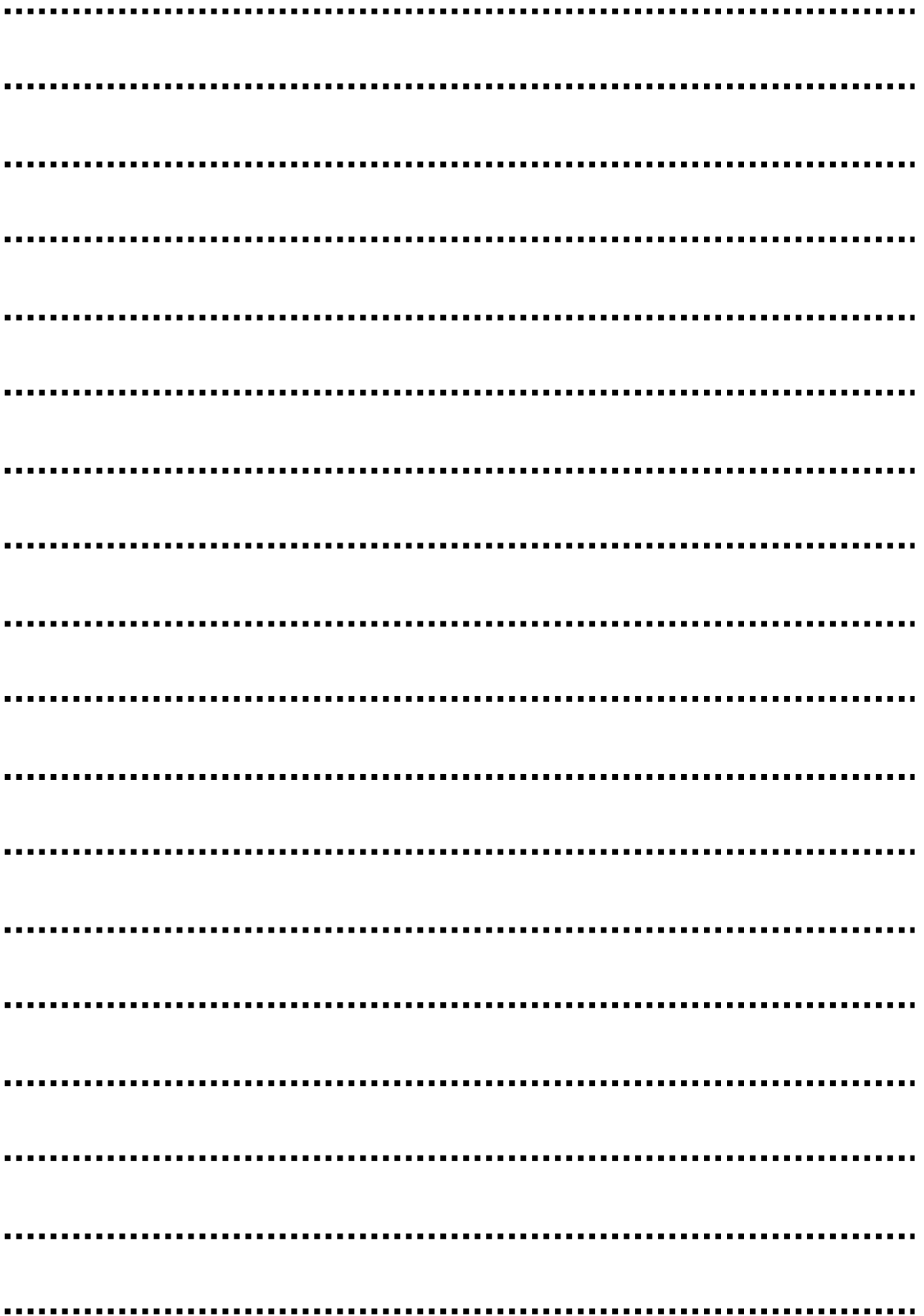












Week 6: Connecting with Others

DATE:

Write a letter to yourself to celebrate completing this self-care journal. Acknowledge your progress and set an intention for your ongoing healing.

Devotional/Check-In: Completing this journal is a testament to your commitment to self-care and healing. Embrace the journey ahead with hope and determination.

Affirmation: "I am a survivor, and I am proud of the work I've done to nurture myself."

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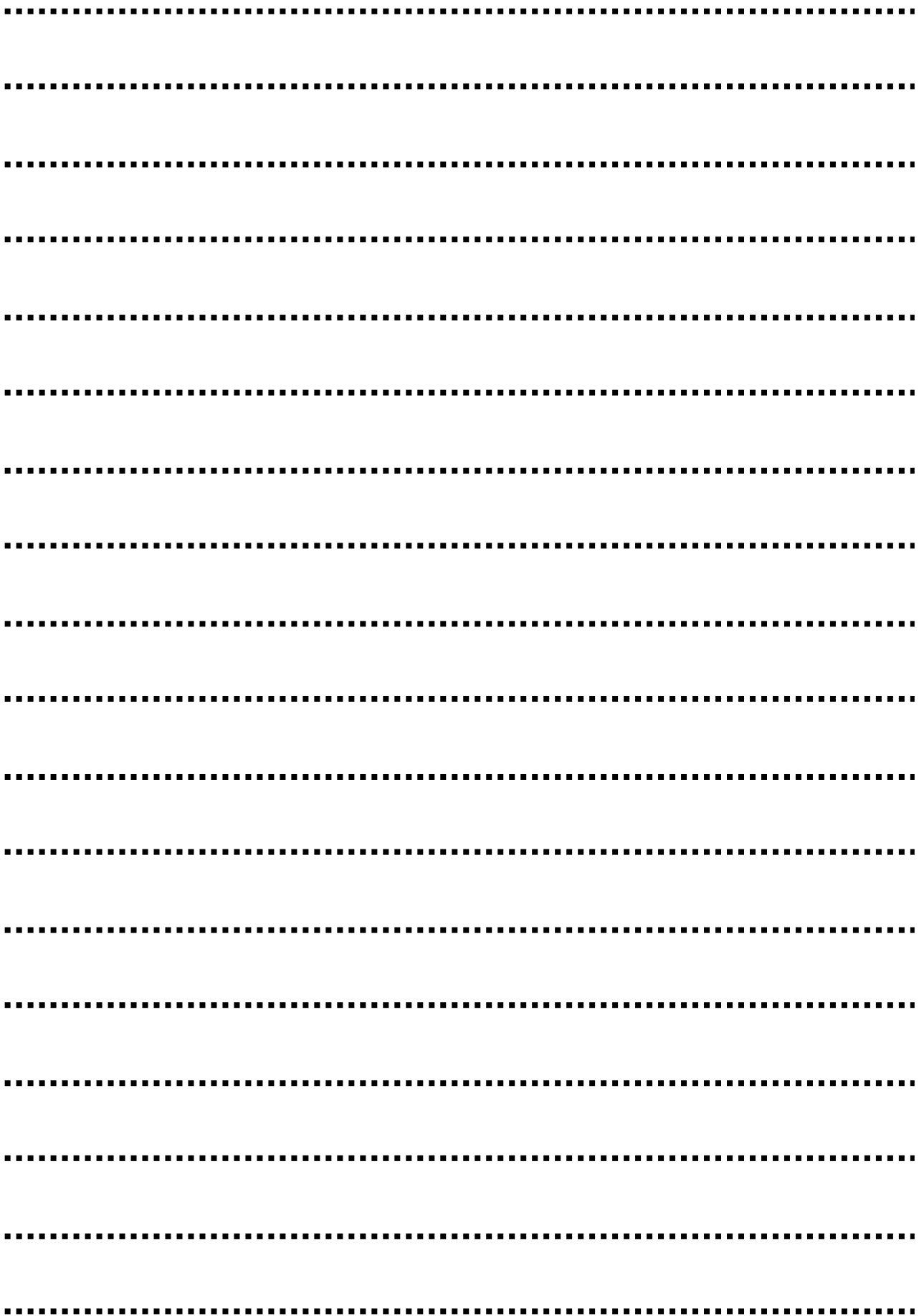
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Dear Overcomer,

As we conclude this chapter of your self-care journey, we want you to know that we stand beside you with compassion, support, and understanding. You have taken significant strides in nurturing yourself and embracing healing, and we couldn't be prouder of you.

Life's path may be filled with twists and turns, and sometimes the road may seem challenging. But remember, you are never alone on this journey. The connections you've made and the love you've shown yourself are a testament to your strength and resilience.

Through this journal, you've explored your emotions, confronted your fears, and celebrated your victories - big and small. You've learned that self-compassion is a powerful force, and that it's okay to be gentle with yourself during the healing process.

As you move forward, we encourage you to hold onto the lessons you've learned here. Embrace the power of self-care, kindness, and positive affirmations. Know that you are worthy of love, happiness, and all the good that life has to offer.

Even on days when the shadows of the past seem to linger, remember the light within you. Your journey toward healing is a testament to your bravery and determination. Embrace the growth that comes with each step you take, and trust that you are moving towards a brighter future.

The healing journey doesn't end here; it is an ongoing process of self-discovery and growth. Continue to seek support when needed, and know that there are always caring souls willing to listen and uplift you.

Take each day as it comes, and be gentle with yourself during the highs and lows. Celebrate your progress and acknowledge that healing, no matter how slow, is a beautiful testament to your strength.

Thank you for being vulnerable, open, and willing to embrace the journey of healing. You are an inspiration to others who may be on a similar path, and your resilience shines like a beacon of hope.

We are here, cheering you on as you embrace a life filled with love, joy, and possibility. You have a community that cares for you deeply, and we believe in your ability to overcome any obstacle that comes your way.

Always remember: You are worthy. You are loved. You are not alone. You are capable of creating a beautiful life for yourself.

With love, encouragement, and unwavering support,

Erica Young and

The Overcoming 2 Become Team

To find out more about our services and how we can help support you on your healing journey, please visit our website, where you can sign up for our weekly newsletter, or connect with us on social media, where you can follow us and connect in one of our supportive community groups.

You can click the links below to access our website and Facebook page.



