

ROCHELLE FRAZIER

MY HEALING
AND
GROWTH

workbook

MYWELLCLINIC.COM/ROCHELLE

Hello!



I am so excited to be on your healing and growth journey with you. As you have learned from our first session, I believe healing happens spirit, soul, and body. This workbook will introduce you to somatic practices or practices that restore peace to our bodies and regulate our limbic system. My hope is that this workbook will also help you put practices in place to help you reach your **WELL**ness goals. Discipline of practice is key to transformation. Corrective emotional experiences are also key to transformation, which is why our sessions are so valuable in correcting relational ruptures as we make room for you to truly be seen and known without shame or judgement.

I can't wait to see who you will be this time next year.

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About the Process:

- Your growth mindset matters. We need to be open to growth.
- Gratitude, positive affirmations, and positive imagery are keys to transforming your mind creating new neural pathways, so I will encourage you to find at least affirmations that you are working on to move toward who you desire to be.
- Corrective relational experiences (CRE) happen when we experience a new relational experience that speaks a new positive truth meant to override a negative belief about ourself and how we show up in the world. Our sessions are meant to be CREs, so getting in a consistent rhythm of weekly or biweekly sessions is helpful.
- We will be doing “parts” work to help you integrate parts and move toward truest self. You can watch a few videos from my resource page to learn more if you would like or you can read one of the following books:

Altogether You

by Riemersma

You are who you are waiting for

(IFS in Intimate Relationships)

by Schwartz

Boundaries for the Soul

by Cook and Miller

- Practices that restore safety to the nervous system will help minimize anxiety and triggers and aide the body and releasing trauma. You will be encouraged to make space for 30 minutes of somatic practice if you are experience any of those symptoms. Discipline with practice will bring transformation spirit, soul, and body.

SELF-REFLECTION: Do I have a growth mindset?

Reflection is the first step in understanding where you currently stand. Here are a series of questions aimed at helping you identify your mindset:

1

How do I react when I face a challenge in my personal or professional life? Do I tackle it head-on, avoid it, find someone to blame, become overwhelmed or own it?

2

Do I appreciate feedback and criticism, viewing them as chances to improve? Or do I become defensive and disheartened?

3

What are my beliefs about my abilities? Do I believe I can grow and change, or am I stuck with what I have? What are my obstacles to growth?

POSITIVE AFFIRMATIONS

Positive affirmations are short, powerful statements that help you to control your thoughts, overcome negative patterns, and reinforce a belief in yourself.

Why Affirmations Matter:



Rewire Thought Patterns: With repetition, they can change the neural pathways in your brain.



Counteract Negativity: They're a tool to fight back against self-doubt and fear.



Fuel Growth: Affirmations can serve as reminders of your capability and potential.

Crafting Your

PERSONAL AFFIRMATIONS:



Stay Positive: Frame affirmations in a positive manner, focusing on what you want, not what you want to avoid.



Present Tense: Phrase them as if they're happening now — "I am" instead of "I will be."



Believable: They should resonate with you, even if they stretch your current beliefs.

Exercise:

Write down three affirmations tailored to your personal aspirations or challenges. Repeat them every morning for a week.

1

2

3

A Daily Practice

Our first goal is 30 minutes a day of practice. This practice is aimed at restoring peace to your nervous system while activating healing. Adding positive imagery with grounding and havening exercises will enhance the healing experience.

Sample Practice Routines:

- 10 Minutes Havening
- 10 Minutes Stretching
- 10 Minutes Journalling
- Pause App
- 10 Minutes Havening Affirmations
- 10 Minutes Movement/ Stretching

- 10 Minutes Havening
- Pause App
- Mindful Walking
- 10 Minutes Centering Prayer
- 10 Minutes Stretching
- 10 Minutes Grounding Tea

- 10 Minutes Grounding Tea
- 20 Minutes Mindful Walking
- 10 Minutes Breath Work
- 10 Minutes Journalling
- 10 Minutes Movement/ Stretching

Create your own practice:

-
-
-
-
-

PRACTICES

to restore your nervous system



HAVENING

Havening is soft, nourishing touch with hands, arms, and face. Havening reduces cortisol, increases serotonin, and helps dissolve triggers. It is also a great install as you use positive affirmations and imagery of your desired state. This is a personal favorite due to the many benefits. See havening video at resource section of www.mywellclinic.com/rochelle.

JUST breathe

There are so many benefits to breath work and many ways to use breath.

Box breathing:

Breathe in for five, hold for five, breathe out for five, and hold for five.



MEDITATION AND MINDFULNESS

Strengthens prefrontal cortex where executive function is while helping calm our “emotional brain.”

PAUSE APP is my favorite tool.

(30 Days to Resilience on PAUSE)



GROUNDING TEA

Prepare a cup of hot tea or coffee. Hold the cup feeling the warmth as you simply notice your breath. When you feel a sense of calm, use your five senses to alert your amygdala that you are safe. This allows you to move to rest and digest.

Smell the tea.

Taste and savor the tea.

Feel the warmth of the cup.

Name 5 things you see in the room or visualization.

What do you feel?



MINDFUL WALKING

Take a walk practicing being in the present. Do not use music or podcast, but rather notice nature and sounds as you are being fully present.

Walking is a bilateral stimulation that helps you process thoughts and memories. Mindful walking will increase capacity when you have moved out of your window of tolerance. It will also help you regulate your nervous system.



Movement



From Dr. Van Der Kurk's research in "The Body Keeps the Score," we learned that mindful movement is better than any psychotropic agent at healing trauma. The body truly does keep the score of the story that it holds and restoring peace is essential to healing from our stories. You will see that I recommend stretching and movement as a part of your daily practice.

MOVEMENT:

Stretching

Pilates/Yoga type movements

Muay Thai

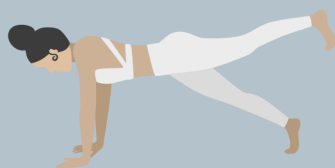
Dancing

Shaking off emotions

("Shake it off" by Taylor Swift)

Walking

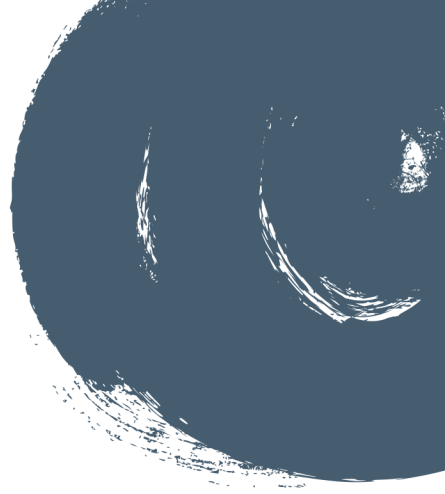
Remember breath work and being present as you practice through movement. You may also want to light a candle and play soft music to help reset nervous system.



28-DAY GRATITUDE JOURNAL CHALLENGE

DAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4
1	Write down three things you are grateful for today.	Call or text someone you appreciate and let them know why you are grateful for them.	Write about a person who has positively impacted your life and why you are thankful for them.	Make a list of five things that bring you joy and gratitude.
2	Take a moment to appreciate something in nature, whether it be a beautiful view or the feeling of the sun on your skin.	Write about a place you are grateful for, whether it be your home, a favorite vacation spot, or a cozy coffee shop.	Think about a talent or skill you have that you are grateful for and write about how it has positively impacted your life.	Write a thank you note to someone who has made a difference in your life.
3	Write about a moment or experience that made you feel grateful or blessed.	Take a moment to appreciate your body and write about three things you are thankful for in regards to your health.	Write about a material possession you are grateful for and why it brings you joy.	Take a moment to appreciate your job or career and write about how it has positively impacted your life.
4	Write about a friend or family member who has been there for you through thick and thin, and how they have positively impacted your life.	Make a list of five things you are looking forward to in the future and why you are grateful for them.	Take a moment to appreciate your community and write about something you are thankful for in regards to where you live.	Write about a book or movie that has inspired you and how you are grateful for its impact on your life.
5	Write about a time when someone showed you kindness and how it impacted your life.	Write about a spiritual belief or practice that brings you gratitude and peace.	Take a moment to appreciate the technology you use on a daily basis and write about how it has positively impacted your life.	Write about a food or meal you are grateful for and why it brings you joy.
6	Write about a challenge or obstacle that you are grateful for because it taught you something important.	Make a list of ten things you are grateful for right now.	Write about a pet or animal you are grateful for and how they bring joy to your life.	Take a moment to appreciate your senses (sight, smell, taste, touch, and hearing) and write about three things you are grateful for in regards to each sense.
7	Write about a teacher or mentor who has positively impacted your life and how you are grateful for their influence.	Take a moment to appreciate your sense of humor and write about three things that make you laugh or smile.	Write about a historical figure or event that you are grateful for and how it has positively impacted your life.	Make a list of three things you are grateful for in regards to your personal growth or development.

Belonging



Stop walking through the world looking for confirmation that you don't belong. You will always find it because you've made that your mission. Stop scouring people's faces for evidence that you're not enough. You will always find it because you've made that your goal. True belonging and self-worth are not goods; we don't negotiate their value with the world. The truth about who we are lives in our hearts. Our call to courage is to protect our wild heart against constant evaluation, especially our own. No one belongs here more than you.

True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging doesn't require you to change who you are; it requires you to be who you are.

Brene Brown from *Braving the Wilderness*

