



# Body & Soul Medicine

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## After-Session Care Suggestions

*Here are several suggestions to support your self-care after our sessions.*

*As we continue to move through this process together, notice your energy levels and emotions that come up.*

*If you begin to feel exhausted, irritable, or especially tender surrounding our sessions, this is absolutely normal and may be a sign that your entire system - mind, body, spirit- could use some extra love and support.*

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- **Take intentional time for yourself post-session.** I always recommend a minimum of 15 minutes post-session to simply be with yourself. Consider what might help you to intentionally transition back into your day. Avoid scheduling something immediately after your session as much as possible so you can continue to integrate whatever you receive.
- **Drink lots of water over the next 48 hours.** You've likely moved a lot of energy and this can be depleting to your body. Electrolytes, vitamin C, and magnesium added to your water are excellent to support further grounding and rehydration.
- **Provide extra love and care for yourself.** It is not uncommon to feel emotionally tender or open after a session. Please move slowly, be gentle with yourself and give yourself as much space as you can to explore what arose for you. Do your best to continue to create a container of self-care for yourself, as well as spaciousness for your process.

- **Take time to ground and re-center.** Spend some time in nature when you can, if you can place your bare feet on the Earth, even better.
- **Be open to the wisdom of the process and hold the understanding that more may continue to show up in the day/days following.** Pay attention to your dreams, new insights and awareness, or any emotions that may come up. The more open you can be to the process of healing and integration of what you received the better. You may want to journal, reflect upon what you learned, meditate, walk in nature, take a salt bath, incorporate nourishing foods and liquids, or practice any nourishing movement-yoga, dancing, biking, walking, etc.
- **Be kind and gentle with yourself.** Remember, healing is not always linear and not everything is resolved overnight or in one session for that matter. All you need is a willingness to be with what arises, reach out for support if you're struggling and stay curious about what lessons are emerging for you.

Finally, I am always here if you need additional support. Don't hesitate to reach out if you're struggling, feel stuck or need extra support.

All my love,  
Stephanie



Stephanie Burg