



www.angelamielehealing.com

info@angelamielehealing.com

Client Aftercare

Each session can be a lot of information for your body and energy fields to process, unwind, reorganize and integrate. Because of this, it is important to give yourself nurturing time after and between sessions. After your session, it is important to be aware of the potential effects. Please note that your response to each session may vary and you will continue to respond to the session over the next 12 - 72 hours, sometimes longer.

Your response could be barely noticeable or you may experience the gamut of perceived positive to negative responses. Regardless of how they manifest, they all result in positive change. It is not uncommon to feel disoriented, energized or exhausted. You may experience symptoms of detoxification such as nausea and/or headache. You may experience greater awareness of your body, areas of ease or tightness, and changes in your breathing. You may experience emotional release like crying, anger, laughing or bliss.

No matter your experience, it is important to honor whatever you are experiencing by allowing the process and supporting yourself in whatever way is appropriate. For example, if you are having symptoms of detoxification, drink plenty of water, eat lightly, and rest as needed.

Things you can do to support yourself:

- Drink plenty of water, preferably fresh lemon water.
- Take a gentle walk and/or rest after your session.
- Take an epsom salt bath.
- Allow yourself extra time to sleep.
- Spend some time outdoors, earthing if possible, by sitting on the ground or taking your shoes off.
- Connect with your breath.
- Breathwork.
- Do activities that are grounding for you, such as gardening, cleaning, cooking ect.
- Meditation.
- Journal writing.
- Create and use a positive affirmation statement that is related to your healing.
- Allow your emotions to arise and be felt; this is how it leaves your system.
- Practice self compassion. Be kind to yourself; there are no expectations.
- Become mindful and aware of how you respond differently to your world.
- Practice gratitude in a journal, in your thoughts, or by expressing it to others.

In general, be mindful of yourself and offer yourself the care you may need. Allow yourself to integrate what you have received, released or activated during your session. If you are unsure of what you are experiencing please contact me.