

**Some wounds can't be seen but they are there.**

# **Invisible Wounds**

**IT'S OKAY TO ASK FOR HELP**

**It's all about our nervous system!**

**When we regulate our nervous system we decrease inflammation, have improved memory, auditory processing and learning, are able to control sensory processing and more. As you can imagine, when this system gets out of balance, a host of symptoms can arise.**

**When our nervous system is dysregulated it can trigger addiction, depression, anxiety, illness, chronic pain, known and unknown inner wounds, emotional outbursts, self sabotage ...**

**Learn how you can regulate your nervous system and have ease in your mind and body.**

**Block out 15 minutes to have a chat with me.  
<https://consciousautonomy.as.me/clarity-call>**

# Whole Body Healing

The body remembers what the mind tries to forget

I work with adults who present an 'I've got it together' persona on the outside, yet on the inside they are anything but! They are overwhelmed, stuck and struggling and it's affecting their daily lives.

Using a combination of counselling and embodiment therapy, we navigate physical, mental and emotional root-causes to start healing from within so you feel whole and empowered to live life on your terms.

Whole Body Healing is for (but not limited to):  
Trauma & Addiction, Pain, Chronic Pain  
Migraine, Fatigue, PTSD, Anxiety, Depression  
Low Self-Esteem, Overwhelm, Frustration, Grief  
Anger, Health & Wellness, Relationships

Book your free Clarity Call to talk further:  
<https://consciousautonomy.as.me/clarity-call>

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