

Light in the Dark

Bringing your feelings into the light so you can learn to heal

Emotional pain is like carrying a heavy weight. You may want the weight to be lifted or fear it will be with you forever. Feeling like this for a long time stresses the body. Understanding the early warning signs of stress allows you to take charge of your life.

Small things can trigger big reactions

- You get stressed over lost keys or running late
- You have trouble sleeping

You are in the emotional 'early warning' zone

- You may say and do things you regret
- You may have conflict with other people



Things related to your child will trigger big reactions

- Family time is cancelled at short notice or goes badly
- You feel grief and pain rising to the surface

You are entering the emotional 'amber' zone

- You may feel distress, panic or numbing
- People may think you are being unreasonable



Things that reignite your pain can be overwhelming

- It might be Mother's/Father's Day or your child's birthday
- You feel the weight of anger, shame and fear return

You have entered the emotional 'red zone'

- Your reactions become unpredictable
- Your actions may frighten you and other people

You are feeling calm and positive

- You can cope with everyday upsets

You are in the emotional 'green' zone

- You enjoy today and feel optimistic about tomorrow



Calm state

Depleted energy

Stress build-up


Ready to explode



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Powering the healing journey

Wherever you are today, you can take steps today to start your journey and get the support you deserve.



Healing
is a journey
not a
destination

Parents can feel like they are always waiting for something:

- ☀ for court dates
- ☀ for support services
- ☀ to see their child
- ☀ to bring their child home

It is not a sign of weakness to need to work on your emotional self. It takes a lot of strength to do this and to ask for help.

What you can do for yourself today:

- ☀ Spend time with people who understand your pain
- ☀ Spend time in nature or on Country to feel calm and connected
- ☀ Do small, good things for yourself (eat a nourishing meal, listen to your favourite song)
- ☀ Notice even the small moments when you feel strong and resilient



What you can learn about yourself today:

- ☀ What do you notice about yourself when you feel calm and connected?
- ☀ What do others notice about you when you seem calm and connected?
- ☀ What piece of advice have you been given that really meant something?
- ☀ What small step can you take now that would change your situation?

