

# Resource Guide: Self-Reclamation After Trauma

A Survivor's Guide to Healing, Rebuilding, and Thriving  
By: Lola Graham



# Thanks for being here!

**Hi! I'm Lola Graham (she/her).** I'm so glad you joined my talk on Self-Reclamation After Trauma. What an honor to share space with you, in person or virtually.

**Survivors:** Your courage is profound. You are worthy and powerful. May this guide offer steadiness and practical care.

**Allies:** Thank you for leaning into a trauma-informed approach. I hope these tools help you support others, and yourself.

**About me:** I'm a Trauma-Informed Well-Being Educator, Coach, Speaker, and Co-Founder of Living Well. I work with individuals and organizations to build mental, emotional, and physical well-being. I also publish Living Well Daily, a free weekday newsletter, with Wednesday guided meditations to make healing accessible.

I'm a sexual-assault survivor, bisexual, and neurodivergent who views love, joy, and well-being as acts of resistance. I love to bring some bubbly energy to all I do! I'm an Ontario Chapter Co-Rep for Survivors 4 Justice Reform, volunteer in the 2SLGBTQIA+ community, and love to frolic and recharge in nature with my life partner and our dog.

**Collaborations & Inquiries:** Let's dream up what trauma-informed support your world needs—organizational workshops or resources, one-on-one coaching, or speaking for your conference or podcast. A no-pressure hello is always welcome.

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## Resources in this Guide:

- 5 Guided Practices
- Journal Prompts for Self-Reclamation
- Trauma-Informed Principles

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# Guided Practices:

These guided practices are here to support your healing journey by helping you reconnect with your body, nurture compassion, and build a sense of calm and safety within. Take your time with each one. You can return to them whenever you need grounding, softness, or strength. (Click the practice title to access them.)

♥ **Self-Compassion Meditation:** A gentle practice to help you speak to yourself with kindness and understanding. This meditation invites you to soften self-criticism, hold your pain with care, and begin building a more loving inner voice.

🌸 **You Are Enough Meditation:** A grounding reminder of your inherent worth. Through soothing affirmations and mindful breathing, this meditation helps you release the pressure to be “more” and rest in the truth that you are already enough, exactly as you are.

🌿 **Body Scan Meditation:** A calming journey through your body, one area at a time. This practice helps you tune into sensations, release tension, and restore a sense of connection between mind and body, especially after disconnection caused by trauma.

🔥 **Somatic Release Meditation:** A trauma-informed practice to gently move stored stress or emotion through the body. With breath and mindful attention, this meditation helps you let go of what’s been held too long, offering space for relief and renewal.

🌍 **Grounding Meditation:** A stabilizing practice to anchor you in the present moment. Through sensory awareness and deep breathing, this meditation helps calm overwhelm and remind your nervous system: you are safe, here, and now.

# Journal Prompts for Self-Reclamation

Writing can be a sacred act of reclamation, a way to gently explore your story, give voice to your emotions, and honor the wisdom you've gained. You don't have to have all the answers. These prompts are invitations to reflect, reframe, and reconnect with your power. Find the one prompt that calls to you or explore them all. Let your writing be honest, messy, kind, and yours.

## **Rewriting Your Story:**

- What chapter of your life are you entering now? How can you describe this next chapter from an empowered lens, as the author of your story, not just the character within it?
- How have past stories about yourself been shaped by shame, misunderstanding, or outdated perspectives? What shifts when you reclaim your power and retell your story without shame?

## **Conversations with Emotions:**

- Choose an emotion (like joy, sadness, anger, fear, or hope) and write a conversation with it as if it were a friend who needs to be heard. What does it want to say? How can you respond with care, understanding, or validation?
- Rage and grief can hold deep messages about boundaries crossed and values cherished. What truths are they showing you? What lessons or commitments can you carry forward?

## **Nourishing Joy & Grounding:**

- What simple, everyday things bring you joy? Describe what it feels like to focus on that sensation. How can you welcome more of that feeling into your days?
- Write about a place—real or imagined—where you feel safe and calm. What do you see, hear, smell, and feel there? Let this become a grounding image you can return to when you need it.

## **Compassionate Care:**

- Write a letter to yourself for the hard moments. What would you say to another survivor who needed comfort, validation, or encouragement? Offer those same words to yourself.
- What signs does your nervous system give you when it's seeking safety (tight chest, racing thoughts, numbness, restlessness)? What words, actions, or soothing rituals can you use to help yourself feel supported when you notice them?

## **Reconnection & Agency:**

- What's one way you can nurture a sense of connection (to community, nature, or purpose)?
- How might you use your agency to make a small difference, even gently? (For example: reading a survivor's memoir, sharing a resource, or supporting someone who's already organizing change.)
- What does it mean to use your power in alignment with your values and needs?

# Trauma-Informed Principles

Healing from trauma is not a straight line; it's a process of reclaiming safety, voice, and power. Trauma-informed principles offer guidance for both survivors navigating their own healing and allies who want to provide compassionate support.

These 6 principles create conditions where people feel seen, respected, and empowered, rather than retraumatized. Whether you're on your own journey or walking alongside someone else, these reminders can serve as anchors that honor lived experience and promote healing.

## 🌸 1. **Awareness (Trauma & Intersectionality):**

Recognize that trauma touches everyone differently, and we often can't see what someone is carrying. Intersectionality reminds us that our identities (such as race, gender, sexuality, ability, and class) shape how trauma is experienced and how healing is accessed. Cultivating awareness invites us to approach others (and ourselves) with compassion, humility, and a commitment to inclusive care.

## 💡 2. **Shifting Attitudes:**

A trauma-informed approach invites us to shift from viewing behaviors as problems or faults to understanding them as responses to what someone has been through. This perspective replaces blame with empathy and opens space for healing. For allies, it means practicing curiosity and compassion rather than judgment. For survivors, it's a reminder that reactions are valid, natural responses to overwhelming circumstances, not personal failings.

## 💖 3. **Fostering Safety:**

Safety is the foundation of healing. A trauma-informed approach prioritizes environments (physical, mental, and emotional) where people feel secure, respected, and free from harm or judgment. For survivors, safety might mean having choice, predictability, and supportive relationships. For allies, it's about creating spaces where trust can grow, boundaries are honored, and people are met with care and consistency.

# Trauma-Informed Principles

## ✦ 4. **Creating Choice & Agency (Collaboration):**

Trauma can leave people feeling powerless or unseen. A trauma-informed approach helps restore agency by offering choice, inviting collaboration, and honoring each person's autonomy. For survivors, it means recognizing your voice matters—you have the right to decide what support feels safe and helpful. For allies, it means asking for consent, sharing power, and co-creating paths forward that respect boundaries and dignity.

## 🔊 5. **Empowerment & Voice:**

Healing flourishes when people feel seen, heard, and believed. A trauma-informed approach uplifts each person's strengths and honors their lived wisdom. Empowerment means reminding survivors of their capacity and choice, while making space for their voice in every step of the process. For survivors, this means reclaiming your voice and recognizing you have the right to speak up and make choices in whatever way feels right for you. For allies, it means listening deeply, validating experiences, and centering the survivor's perspective rather than speaking for them.

## 💛 6. **Trustworthiness & Transparency:**

Trust is built through consistency, honesty, and follow-through. Trauma can make trust difficult, so clear communication and transparency are essential. This means being open about what to expect, honoring commitments, and acknowledging mistakes when they happen. For survivors, it's okay to move slowly and set boundaries. For allies, showing up with integrity and reliability helps create the safety needed for trust to grow.

## Thank you!

Thank you for being here. Whether you are walking your own healing path or learning how to better support others, your willingness to learn, reflect, and care makes a difference.

Wishing you gentleness, strength, and moments of peace as you continue your journey.

Lots of love, Lola