



Rehab Your Health

with Donyell Smith, Registered Nurse and Independent Skin Consultant

Medical Trauma

Medical Trauma is trauma experienced as a result of medical procedures, illnesses, and hospital stays that can lead people to seek counseling for ongoing support, growth, and healing.



Step 1: OWN EXACTLY WHAT YOU FEEL

- Panic and Anger or Avoidance/Shutting Down
- FEAR
 - False Evidence Appearing Real
 - Face Everything And Rise

Step 2: Make a Plan

- Learn everything you can about the diagnosis.
- Learn about the medications that the doctor has suggested you take.
- Identify and lean on your support team.
- Do you need to change practitioners?
- Review/Change your diet.
- **HYDRATE YOUR BODY!!!**
- **MOVE!!!**

Step 3: Change Your Mind

- This is not YOUR dis-ease!!!
- Stop allowing negativity and death to be spoken over you.
- Feed yourself!!!

Questions?

- Thank you for taking the time to Rehab Your Health!!!