

Alternative Modes of Healing

More and more individuals are finding alternative ways to cope with &/or fully recover from severe symptoms of mental and emotional distress. Even people with "big-ticket" labels like schizophrenia and bi-polar disorder (manic depression) are discovering ways to live full, healthy lives without medication or electro-shock.

This type of self-healing takes work!, often involving a life-long commitment to gaining skills and self-awareness. People who are succeeding will tell you, it's well worth it!

**Note: Until you're confident with a new discipline, it may be safest to use alternative modes of healing as an adjunct to care you're already receiving.*

Consider One or Several of the Following:

--- and listen to your intuition! (Where your tailor-made answers reside!)

...* meditation * develop a support system * journaling
* full-spectrum lighting * homeopathy * working or volunteering *
peer counseling (based on Re-Evaluation or Co-Counseling) *
visualization * Ayurveda * alternative therapies (E.M.D.R., etc.) *
mindfulness * peer support groups (12 Step & other formats) *
martial arts * yoga * belief work (practice believing good things!)
* diet/nutrition (macrobiotic, vitamin therapy, etc.) * various
types of body work (Reiki, e.g.) * aromatherapy * exercise *
forgiveness * focusing (getting to the feeling behind an issue) *
exploring comforting spiritual ideas * drumming * energy release
work (chakra balancing, Sedona Method, etc.) * biofeedback *
laughter yoga * exploring available healing programs & tools
(W.R.A.P., D.B.T., etc.) * engaging in enjoyable activity (events,
play, hobbies, nature walks, art, etc.) * attention work (for
dealing with voices)*...

* _____ (Your brilliant idea goes here!)