

The Importance of Support Systems & Community in Trauma Recovery

The healing journey is never a linear process. However, having a healthy support system in place can hold many benefits and lighten that heavy load for you. My name is Terri, and for the past decade, I've been on a journey of rebuilding and navigating through life's challenges.

Let's rewind to the beginning, to a time when I was just a self-conscious and unhappy 16-year-old. I was constantly consumed by the fear of not fitting in, of never feeling good enough. But then, life took a turn for the worse. Traumatic events unfolded, and I found myself caught in a vicious cycle of mental illness, suicide attempts, self-harm, and enduring traumas inflicted by others.

Change wasn't just desired; it was necessary. Living each day in crippling unhappiness was simply heartbreaking. Spending my formative years locked away or surrounded by toxic relationships took its toll. But then, something shifted. Becoming a mother became my turning point.

Choosing to invest in self-development and living life not just existing! And by no means did I do it on my own.

Support networks and communities can take various shapes, and I've leaned on them all at different times, often more than once. That's what they're there for.

- Family and friends if you have that bond in place WOW! I find it challenging to navigate sensitive subjects with loved ones.
- Professional support I can not stress the importance of speaking to someone. Talking again and again until you feel as though you are being understood. Your voice matters! You matter!
- Community support has been a lifeline. Being part of the She Beasts community for three years has significantly boosted my well-being. While the workouts are fantastic, it's the sense of belonging and connection that truly stands out. Having activities to engage in and people to confide in is invaluable. I've forged genuine friendships with like-minded individuals, which has been transformative.

16-year-old me convinced herself she wasn't deserving of life. But at 26, I've come to realise the abundance of worth and potential within me and all of us.

So it is time to find your community wherever that may be and you are more than welcome to join She Beasts ...