

Principles of Physical Recovery and the Parallel to Emotional and Mental Healing

Pursuing Podcast Episode 2

March 11, 2019

Notes	
Definition of Recovery	<ul style="list-style-type: none"> • The word <i>recover</i>, from its Latin and French origins, means to “come back, return; regain health; get again.” • Recovery is unique to the individual and it will likely involve relapses and setbacks, but that does not discount that the person is on the road to recovery. • Healing is how we recover.
Physical Healing Sequence of Events	<ul style="list-style-type: none"> • Trauma • Injury • Wound • Healing • Recovery—Recovery is determined by our ability to be able to do what we did before we sustained the injury, or show up even better. When we are recovered, there is also usually an absence of pain. <p>Trauma does not always result in an injury—our level of healing, protection, and strength can help to create the possibility of coming out of an experience without injury.</p>
How the Physical Body Responds to a Wound	<p>Injury creates physical responses:</p> <ul style="list-style-type: none"> • Pain (is a warning system to be listened to—a request for attention and sometimes change) • Protection—helps us get away from the source of the injury (fight, flight, or freeze)
The Physical Body’s Healing Process	<ul style="list-style-type: none"> • Hemostasis (stop the bleeding, survival) • Inflammation (blood sent there to help heal and take away anything that shouldn’t be there; pain is part of this process) • Proliferation (tissue and other resources sent to the area; this is when we pull in all the resources to aid in healing; growth) • Remodeling (also known as maturation; where all of the materials sent to the wound are organized and utilized)

<p>Purpose of Pain (Marilyn Beecher Thaxton)</p>	<p>“Listen to your body. When you experience pain it’s trying to tell you something. Pain is your friend. Though it is a much bigger part of my life than I would have liked, it has taught me a great deal and introduced me to many magnificent people. I’ve gone places inside myself, and I’ve made discoveries and learned things that I would never have known otherwise. If you respond to those messages quickly and wisely, chances are good you can solve whatever problems are beginning.”</p>
<p>Physical Wound Treatment</p>	<p>Doctors do not heal; they optimize the healing environment.</p> <ul style="list-style-type: none"> ● Infection control ● Tissue removal ● Possible surgery (more pain involved) <p>Personal action for wound healing:</p> <ul style="list-style-type: none"> ● Nutrition ● Rest ● Allowance of the process ● Patience <p>Address the wound early and do everything possible to optimize the healing environment so that the wound doesn’t become chronic. The body doesn’t heal as well when the wound becomes chronic.</p>
<p>Parallels to Emotional Healing</p>	<ul style="list-style-type: none"> ● No one can heal you. Our healing is our responsibility and it is our ability—it is our divine design to be able to heal physically, emotionally, mentally, and spiritually. ● Pain is your friend. ● Healing happens quickest in the right environment. ● Sometimes the treatment can be painful. Healing is not an absence of pain. ● If the process of healing is not followed, it can lead to worse injury and pain (unnecessary pain). ● Prepare yourself through introspection and strengthening through self-care and love in order to help avoid wounds and heal from unavoidable wounds as a result of injury from trauma.
<p>Action Items</p>	<ol style="list-style-type: none"> 1. Take inventory. <ol style="list-style-type: none"> a. Take an inventory of your life and look at what wounds have become chronic that you need to go back and go through the healing process for. (You can identify wounds by pain points and negative emotional reactions.) 2. Change your relationship with pain. <ol style="list-style-type: none"> a. Listen and address pain early on rather than ignore it or distract yourself from it. b. Recognize that pain has a purpose. Listen.

	<ul style="list-style-type: none">3. Allow the recovery process.<ul style="list-style-type: none">a. Create the optimal environment for healing: Get safe, rest, get proper nutrition, have patience, and maintain hope.b. Access resources to help the healing process (e.g., books, friends, professionals, spiritual support, etc.).
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