



EMOTIONAL HEALING AND RECOVERY!

"BELOVED, I WISH
ABOVE ALL THINGS
THAT THOU MAYEST
PROSPER AND BE IN
HEALTH, EVEN AS THY
SOUL PROSPERETH."
-3 JOHN 2

By Charles E. Winburn, M.Ed.



BODY HEALING AND RECOVERY!

"BELOVED, I WISH
ABOVE ALL THINGS
THAT THOU MAYEST
PROSPER AND BE IN
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MENTAL HEALING AND RECOVERY!

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SEXUAL HEALING AND RECOVERY!

"BELOVED, I WISH
ABOVE ALL THINGS
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SOUL PROSPERETH."
-3 JOHN 2

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By Charles E. Winburn, M.Ed.



FIND EMOTIONAL HAPPINESS IN A WORLD OF VIOLENCE!

By Charles E. Winburn, M.Ed.



FIND PEACE OF MIND IN A VIOLENT WORLD!

By Charles E. Winburn, M.Ed.

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
The Christ Hospital
513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
(24-hour answering service)

Amen Clinics
Brain SPECT Imaging
877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

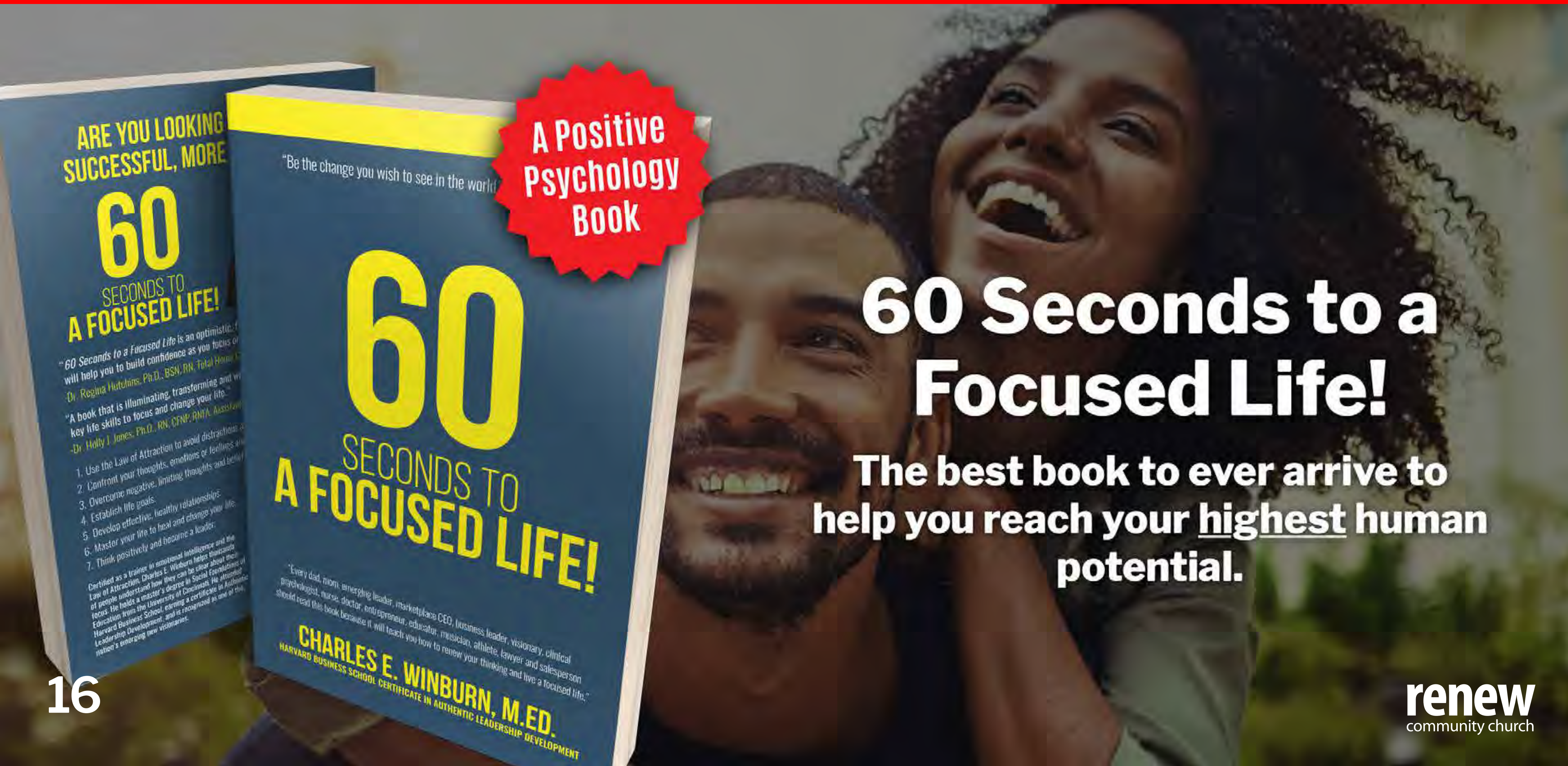
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



A Positive
Psychology
Book

60 Seconds to a Focused Life!

The best book to ever arrive to
help you reach your highest human
potential.

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic...
will help you to build confidence as you focus on...
-Dr. Regina Hutcheson, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will
key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, ANFA, Assistant

1. Use the Law of Attraction to avoid distractions and
2. Confront your thoughts, emotions or feelings and
3. Overcome negative, limiting thoughts and beliefs
4. Establish life goals.

5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.

7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the
Law of Attraction, Charles E. Winburn helps thousands
of people understand how they can be clear about their
focus. He holds a master's degree in Social Foundations of
Education from the University of Cincinnati. He attended
Harvard Business School, earning a certificate in Authentic
Leadership Development, and is recognized as one of the
nation's emerging new visionaries.

"Be the change you wish to see in the world."

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

**Beloved, I wish above all things
that thou mayest prosper and
be in health, even as thy soul
prospereth.**

3 John 2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Romans 12:2

**The Lord is nigh unto them
that are of a broken heart;
and saveth such as be of
a contrite spirit.**

Psalm 34:18

**Rejoice in the Lord always:
and again I say, Rejoice.**

Philippians 4:4

**Surely he hath borne our griefs,
and carried our sorrows: yet we
did esteem him stricken, smitten
of God, and afflicted. But he was
wounded for our transgressions,
he was bruised for our iniquities:
the chastisement of our peace
was upon him; and with his
stripes we are healed.**

Isaiah 53:4-5

**Be careful for nothing; but
in every thing by prayer and
supplication with thanksgiving
let your requests be made known
unto God. And the peace of God,
which passeth all understanding,
shall keep your hearts and minds
through Christ Jesus.**

Philippians 4:6-7

10 practical, actionable steps that can support sexual healing and recovery after past negative experiences

AI Research

1. Acknowledge and name the impact

- **Validate your experience and its effects on your body, emotions, and relationships.**
- **Consider journaling prompts like: “What sensations come up when I think about intimacy?” or “What beliefs about myself arose from past experiences?”**

2. Seek professional support

- Find a licensed therapist who specializes in trauma, sex therapy, or relationship issues.**
- Options: clinical psychologists, clinical social workers, or certified sex therapists.**

- **If in doubt, start with a general trauma therapist and request referral to sex-positive specialists.**

3. Learn about consent and body autonomy

- Revisit your boundaries: what you are comfortable with, what feels unsafe, and what is non-negotiable?**
- Articulate consent clearly with yourself and partners: “I’m comfortable with this boundary; I’m not ready for that.”**

4. Build a slow, trauma-informed exposure plan

- Gradual, controlled exposure to intimacy cues (e.g., touch, closeness, eye contact) at a pace that feels safe.**
- Use grounding techniques during intimate moments (breathing, 5-4-3-2-1 sensory check-ins).**

- **Stop or pause if feelings become overwhelming and resume later when ready.**

5. Develop a compassionate self-narrative

- **Challenge self-blame and shame with affirmations like: “My body is capable of pleasure, and I deserve safety and joy.”**
- **Create a personal safety script: what you tell yourself if distress arises: “I can pause, breathe, and choose what feels okay.”**

- 6. Learn arousal and response curves that fit healing**
- **Understand that arousal and desire may feel disconnected after trauma; there's no “correct” timeline.**
 - **Focus on non-sexual intimacy first (hugging, holding hands, cuddling) before moving toward sexual activity.**

- **Practice mindful focus on sensation rather than performance or orgasm.**

7. Establish safety routines and environment

- Create a physical space that feels safe: comfortable lighting, temperature, privacy, and predictable routines.**
- Use boundaries and “pause” signals with partners (safe word or physical reminder like a hand on a non-sexual object to pause).**

8. Explore touch and sensitivity techniques

- Gentle, non-sexual touch can help rebuild trust in the body: massage, backrubs, slow caresses on permitted areas only.**
- Use explicit consent and check-ins: “Is this okay? Would you like me to proceed more slowly?”**

9. Communicate openly with partners

- Have candid conversations about boundaries, triggers, and needs before sexual activity.**
- Create a shared safety plan: what to do if either person becomes overwhelmed; agree to pause and breathe together.**

10. Practice self-care and grounding beyond sex

- **Develop routines that nurture self-worth and calm: exercise, sleep hygiene, nutrition, mindfulness or meditation.**
- **Build a support network: trusted friends, family, support groups, or online communities focused on healing.**

**10 practical, evidence-informed
approaches to support
healing and recovery from
past negative mental health
experiences**

AI Research

- 1. Seek professional support**
 - **Work with a licensed mental health professional (therapist, psychologist, counselor).**
 - **Consider evidence-based modalities such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and**

**Commitment Therapy (ACT),
or trauma-focused therapies
(EMDR, TF-CBT) depending on
your needs.**

- **Regular sessions provide
structure, accountability, and
guidance.**

2. Build a structured daily routine

- Create predictable times for wake, meals, work/study, exercise, rest, and sleep.**
- Use simple planning tools (to-do lists, calendar, habit trackers) to reduce uncertainty and rumination.**
- Include short, achievable tasks to foster a sense of mastery.**

3. Practice mindfulness and emotional regulation

4. Address sleep and physical health

5. Process and integrate past experiences

- Journal about triggers, memories, and how they affect present feelings.**
- Use narrative approaches: write or tell your story in your own words, focusing on growth and resilience.**

- **Consider trauma-focused work only with a qualified clinician if past experiences are distressing.**

- 6. Build a supportive network**
 - **Cultivate a small circle of trusted friends or family who listen non-judgmentally.**

7. Develop coping skills and distress tolerance

- Create a personalized toolbox: breathing exercises, grounding, urge surfing, self-soothing activities (warm bath, comforting music, tactile objects).**

8. Cultivate self-compassion and inner dialogue

9. Set realistic goals and monitor progress

- Use SMART goals: Specific, Measurable, Achievable, Relevant, Time-bound.**

10. Develop meaning, purpose, and hope

- **Engage in activities that align with your values (volunteering, creative projects, learning, spirituality).**

**5 practical, evidence-based
approaches to support physical
health, healing, and recovery
after a negative health
experiences as a result of
childhood trauma**

AI Research

1. Follow a Structured Medical Plan

- **Understand your diagnosis and treatment plan: Ask your clinician to explain the diagnosis, proposed treatments, benefits, risks, and alternatives in plain language.**
- **Request written materials or reliable resources to review at home.**

- **Adhere to medications and therapies: Use a medication list (name, dose, frequency) and set reminders.**
- **Attend all prescribed therapies (physical therapy, occupational therapy, etc.) and practice exercises as instructed.**

- **Monitor and report changes:**
Track symptoms, side effects, and vital signs if relevant (e.g., temperature, blood pressure, glucose).
- **Contact your care team promptly if you notice new or worsening symptoms.**

2. Prioritize Nutrition and Hydration for Healing

- Balanced, nutrient-dense meals: Emphasize lean proteins, fruits, vegetables, whole grains, healthy fats.**
- Include foods rich in vitamins and minerals that support healing (e.g., vitamin C for collagen, zinc for tissue repair).**

- **Hydration: Aim for consistent fluid intake throughout the day; adjust for activity level and climate.**
- **Tailor to your condition:**
For certain conditions (e.g., kidney disease, diabetes, cardiovascular issues), modify protein, sodium, potassium, or carbohydrate intake as advised by your dietitian or doctor.

- **When appetite is low: Small, frequent meals or nutrient-dense shakes can help maintain energy and nutrient intake.**

3. Build a Gentle Physical Activity Routine

- Consult before starting:
Get medical clearance and,
if possible, guidance from a
physical therapist.**

- **Gradual progression: Start with low-impact activities (walking, gentle stretching, light cycling) and increase intensity gradually.**
- **Consistency over intensity: Aim for regular activity (e.g., 150 minutes of moderate activity per week, as tolerated) and incorporate rest days.**

- **Incorporate mobility and strength: Include balance, flexibility, and light resistance exercises to support recovery and overall function.**

4. Prioritize Sleep and Stress Management

- Sleep hygiene: Maintain a consistent sleep schedule, create a calming pre-sleep routine, and optimize the sleep environment (dark, quiet, cool).**

- **Stress reduction techniques: Practice mindfulness, deep breathing, progressive muscle relaxation, or meditation daily.**
- **Limit stimulants and screen time: Reduce caffeine late in the day; minimize blue light exposure before bed.**

- **Mental health support: If anxiety, depression, or trauma related to the health experience arises, consider talking to a counselor or psychologist.**

- 5. Create a Supportive Environment and Social Network**
 - **Engage your care team:
Keep regular follow-ups with
physicians, nurses, therapists,
and pharmacists.**

5 practical, evidence-informed ways to support emotional healing and recovery from childhood trauma

AI Research

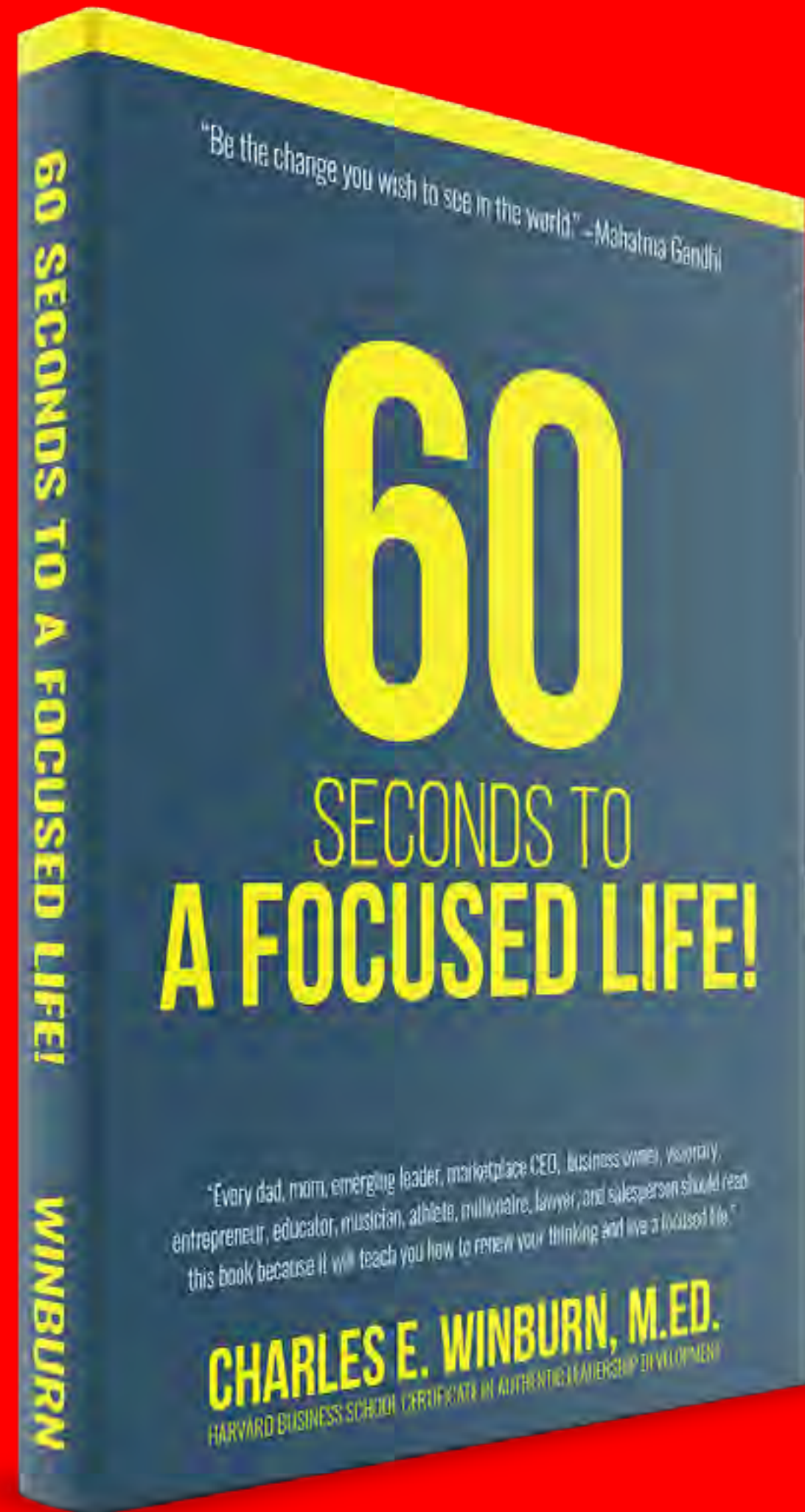
1. Build a Safe, Consistent Routine

- **Why it helps: Trauma can disrupt the sense of safety and predictability. Routines create stability, reduce anxiety, and support regulation.**

Practical steps:

- **Establish a daily wake/sleep schedule, even on weekends.**
- **Create a simple morning and evening ritual (e.g., 5-minute grounding exercise, a warm shower, tea or water).**

- **Break goals into small, doable tasks (e.g., “meditate 3 minutes,” “write 1 paragraph in a journal”).**
- **Use reminders or calendars to maintain consistency.**
- **Prioritize basics: regular meals, hydration, physical activity.**



2. Develop Grounding and Emotion Regulation Skills

- Why it helps: Grounding techniques reduce overwhelming feelings and help you stay connected. Read the book **60 Seconds to a Focused Life!** by Charlie Winburn that will help you to address sound emotional vibrations.

3. Seek Safe, Compassionate Support (Therapy and/or Community)

- Why it helps: Trauma-informed care and supportive relationships are central to healing. A trained professional can guide you through processing memories, coping strategies, and meaning-making.**

- **Practical steps: Find a trauma-informed therapist (e.g., CPT, EMDR, IFS-informed approaches, or somatic therapies). If access is limited, look for community clinics, sliding-scale options, or telehealth.**

4. Process Trauma Through Safe, Meaningful Expression

- Why it helps: Expressing emotions and experiences can reduce emotional numbing and integrate trauma into your narrative.**

Practical steps:

- **Creative outlets: art, music, dance, or narrative writing to express what's hard to say.**
- **Narrative work: write a short story or “trauma timeline” to map triggers, progress, and safety milestones.**

- **Somatic practices: gentle yoga, breathwork, or body scans to release stored tension.**

5. Cultivate Self-Compassion, Boundaries, and Personal Agency

- Why it helps: Trauma often affects self-worth and boundaries. Building self-compassion and clear boundary-setting fosters autonomy and safety.**

- **Practical steps: Practice self-compassion exercises (e.g., compassionate letter to yourself, guided meditations).**



MAINTAIN **EMOTIONAL** **HAPPINESS** IN THE MIDST OF A HOSTILE PEOPLE!

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