

Seasonal Healing

With Becks from

Journey to Wellness



Journey to Wellness Seasonal Healing

Welcome to Your Seasonal Healing Map

This mini workbook is a gentle invitation to reframe the way you see your healing.

So often, we label ourselves as stuck, lazy, too emotional, not doing enough... when what's really happening is that our nervous system is moving through a season.

Just like the Earth, our healing unfolds in cycles.

Some seasons are inward, quiet, and slow.
Some are blooming, expressive, and bright.
None are better than the others.
All are necessary.
All are sacred.

In this workbook, you'll explore:

- ✦ The season you're currently in
- ✦ What it might feel like from a self-critical lens
- ✦ A healing reframe rooted in nervous system science & compassion
- ✦ Seasonal practices to support your system and celebrate where you are

Let this be your soft return to self-trust.
Your reminder that healing isn't linear – it's cyclical.
You're not late. You're in season.
Let's begin.

Seasonal Healing

When we're stuck in comparison, rushing our healing, or judging ourselves for "not doing enough," it's easy to mislabel what we're experiencing.

These self-critical stories can make us forget that healing is cyclical. That you are not broken — you are becoming.

Here is what you might be noticing about your healing experience right now...

There's more energy available in your system — but that can bring its own intensity. You may feel activated, exposed, or even overwhelmed. The sympathetic nervous system might be more dominant here, bringing motivation, but also anxiety. You may feel pressure to maintain progress or stay "on top of things," while deeper fears of being seen, failing publicly, or not living up to expectations stir underneath.

SUMMER

You may notice emotions like grief, nostalgia, or fatigue surfacing. You may feel tender, raw, or reflective — like things are falling away, and you're not quite sure what will remain. Your nervous system might be oscillating — trying to let go of old patterns while resisting the descent into stillness. You might be feeling tired, a quiet pull to turn inwards. Maybe you're noticing you are more emotional.

AUTUMN

You might feel flickers of hope — but they're often mixed with self-doubt. This can be a time of nervous system reawakening, where energy begins to rise and you feel pulled toward trying again... but it still feels fragile. You may second-guess your progress, compare yourself to others, or fear that any step forward is temporary. The mind might vacillate between excitement and hesitation, unsure if growth is safe to trust yet.

SPRING

WINTER

You may feel mentally foggy, physically heavy, or emotionally flat. Your nervous system might be leaning toward dorsal vagal shutdown — a protective freeze-like state where motivation feels out of reach and rest doesn't always feel restorative. You might feel detached, stuck, or frustrated with yourself for not "doing enough." You might find yourself withdrawing, craving solitude, or feeling uncertain about the path forward.

Seasonal Healing

When we zoom out with compassion, we begin to see the truth: healing has seasons – and every one of them serves a purpose.

You don't need to be anywhere else. You're right on time.

Let's meet you there.

These reframes are here to help you shift from shame to understanding, from frustration to honouring your own sacred pace.

Meet the true purpose of each healing season:

EXPAND

You are growing, expanding, blooming.

This season is about visibility — letting the sun hit your face and allowing your healing to be witnessed.

It's natural for fear to arise here. But this is not regression — this is rising. The burning down of the old and the stepping boldly into the new. The energy is here to grant your full permission to celebrate who you are and expand into your aliveness.

SUMMER

RELEASE

You are harvesting, shedding, and slowing.

This is the season of releasing what no longer fits.

You are clearing space — emotionally, physically, spiritually — for what's next. Let yourself mourn the old versions of you. It's part of the magic.

AUTUMN

SPRING

Small, fragile shifts are huge signs of growth.

This season is about experimenting, trying, reaching. It's okay to be tender.

New roots always feel shaky before they hold.

Yes newness & growth can feel uncomfortable; but celebrate this as a sign of the shifts you have longed for.

SPROUT

WINTER

This season is an invitation to soften. To pull your energy inward. To stop performing healing and instead let it sink into your bones. Honour how long you've been holding it all together. Rest, is not earned; it is a sacred right. This might be the time where your only job is to pause, to let your system recalibrate, and to remember that quiet does not mean nothing is happening.

Even in stillness, healing is stirring underground.

PAUSE

Seasonal Healing

Every season of healing brings its own rhythm – its own mood, message, and medicine.

Below you'll find a collection of suggested practices designed to support and nourish you in each season. Some are soothing and inward, others energising and expressive – each one a tender invitation to meet yourself where you are.

These are not prescriptions. They're possibilities. Choose what calls to you. Leave what doesn't. This is about celebrating your season – not rushing it.

- Say yes to something you would normally hesitate on
- Practice bold mirror affirmations like “I deserve to be seen”
- Go outside and let the sun hit your chest, spine tall, heart open
- Create a "celebration jar" to track wins big and small
- Dance wildly. Send your power down into the earth with your feet.

SUMMER

- Write a “thank you and goodbye” letter to

something you're releasing (a habit, belief, person, version of you)

- Do a yin or somatic release practice like shaking, sighing, or folding forward
- Use grounding scents or herbal tea rituals to soothe grief
- Make an altar or small display with autumn leaves or symbols of release. Add a note: “This falling away is making space.”
- Use sound: sighs, “voo”s, or humming to release tension

AUTUMN

- Go for a curiosity walk and notice 5 things you've never seen before
- Move intuitively for one song—wiggle, sway, stretch
- Light a candle and write a permission slip to take up more space
- Do 3 minutes of orienting and name what feels hopeful
- Plant a seed or sprout in a jar. Every time you feel wobbly, remind yourself: “I am allowed to grow.”

SPRING

WINTER

- Wrap yourself in a blanket burrito and listen to a gentle meditation
- Let yourself sleep more, say no more, do less — without guilt
- Choose one small practice a day to support your nervous system
- Engage in gentle movement; swaying like seaweed or slow walks
- Try yin yoga or yoga nidra in bed
- Light a candle and write a love note to your cocooned self
 - Drink hot cacao mindfully

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Seasonal Reflections & Affirmations

 **Winter – Rest. Pause. Integration.**

Reflection Prompts:

- Where in my life am I being asked to slow down?
- What parts of me are craving stillness or retreat?
- What would it feel like to stop trying to “fix” and simply be?

Affirmation:

 “I trust the medicine of rest. I am allowed to pause. My worth is not measured by momentum.”

 **Spring – Growth. New Impulses.**

Reflection Prompts:

- What small, hopeful impulses are starting to emerge within me?
- What feels tender and new right now?
- Where can I gently and curiously explore growth and change without pressure?

Affirmation:

 “I honor change and new beginnings. I let curiosity and compassion lead the way. Even the tiniest sprout holds magic.”

Seasonal Healing

☀️ **Summer - Growth. Visibility. Aliveness.**

Reflection Prompts:

- Where am I being invited to be seen more fully?
- What parts of me feel vibrant, powerful, or ready to expand?
- Where do I feel my energy rising – and how can I celebrate that?

Affirmation:

☁️ "I am safe to take up space. I am allowed to bloom boldly. My aliveness is a gift."

🍁 **Autumn - Release. Gratitude. Slowing Down.**

Reflection Prompts:

- What no longer serves me that I am ready to let go of?
- Where am I holding on out of fear, not faith?
- What lessons have I gathered that are ready to be composted into wisdom?

Affirmation:

☁️ "I trust the letting go. I make space for what is next by releasing what has been. I honour the endings that nourish my becoming."

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Healing doesn't move in straight lines.

It spirals. It ebbs and flows. It breathes.

Each season of your nervous system journey brings a sacred invitation –
to pause, to sprout, to expand, to release.

This map is here to remind you:

- You are not broken when you feel slow.
- You are not failing when you need rest.
- You are not behind if you're still gathering your strength.

By honouring where you are – instead of rushing to be somewhere else – you return to the rhythm of your own becoming.

There is no wrong season to be in.
There is only the next small, kind step toward yourself.

Come back to this map whenever you feel lost.

Let it guide you back into the truth:
You are exactly where you're meant to be.

With love always,
Becks x

