

The Taste of Recovery Mini-Course

This programme has been developed by a survivor of sexual violence, for survivors; it provides you with information, tools, and techniques to help you avoid self-blame, feel more in control and create empowering rituals for yourself.

The mini-course covers three weeks, with 5 20-minute lessons each week (or module). Each lesson is available as a video, audio file or transcript, with a downloadable workbook for each module so you can record your thoughts as you go. You don't need to cover it in three weeks - you can dip in and out and take as long as you like. There is no time clock on your progress.

Week One / Module One: Response

You'll learn about your mind and body's responses during and after being subjected to trauma. You'll also learn about how others might respond to you and how to manage those conversations in a way to keep you safe.

Week Two / Module Two: Rescue

You'll learn techniques and tools to enable you to effectively rescue yourself (and be your own hero). When you feel out of control, you'll be equipped with tools that will help you regain control and liberate you from panic and anxiety.

Week Three / Module Three: Resilience

You'll build by strength by introducing rituals into your daily routine that will facilitate reconnection between mind and body.

The modules will help you learn self-compassion for what you've been subjected to. You'll find yourself experiencing more of life, as you'll no longer feel the need to hide away from the world in an effort to protect yourself. You'll be tasting what recovery can look like.



"Taste of Recovery will help you move beyond merely coping, one day at a time. It will help you take control of your reality, and become your own rescuer. I was where you are. This is what I needed." - Emily Jacob, creator of Taste of Recovery and founder of ReConnected Life.

"I found the Taste of Recovery course a really helpful way to learn about responses to trauma and, most importantly, to feel empowered to build resilience every day... [it] made me very hopeful for the future." - Claire

"...It has given me language, knowledge and power to begin to start my journey of recovery... I feel different, like I am beginning to be able to face forward." - Emma

MindBody Foundations Mini-Course

MindBody complements the Taste of Recovery Programme, by taking five grounding practices, and exploring them in greater detail. Each ten-minute lesson is available as a video, audio or transcript, with an accompanying worksheet for each.

The Five Lessons are: *Grounding, Breathing, Sleep, Mindfulness* and *Music*.



Grounding

By focusing our senses on our environment in the present moment, grounding can bring us back into the 'NOW.'



Breathing

If we can learn to control our breathing, slow it down, noticing how it feels going in and out... then we can know how to safely bring ourselves back into our bodies, just by taking a breath.



Sleep

'Good sleep hygiene' will start to minimise panic attacks and flashbacks. This lesson guides us through finding sleep rituals that work for us.



Mindfulness

This lesson introduces mindfulness through a mindful eating exercise that will bring our mind back into our body.



Music

Music has the power to transport us; it can lift us up and it can calm us down. This lesson explores creating our own playlists that can bring us calm and joy.