PROCESSING AND HEALING TRAUMA

Safety & Wellness Guides for Queer Zimbabweans

Healing from trauma is not linear. It can be slow, messy, and deeply personal. For those of us navigating the world as sexual and gender minorities, trauma often comes layered rooted in rejection, violence, invisibility, and survival. This guide isn't about fixing yourself. It's about creating space to feel, release, and remember your strength. These practices are gentle invitations to process what your body and spirit have held at your own pace, in your own way.

Safe Storytelling

Your story matters. When you're ready, try putting it into words not just the pain, but the ways you've survived, resisted, and rebuilt.

- Write in a journal
- Record a voice memo
- Share with a trusted friend, therapist, or support group

Let your story be a space where you're in control. Name your truth. Honor your strength.

Ritual of Release

Some pain clings tightly. Give yourself a moment to let go symbolically and safely.

- Write down what no longer serves you: fears, shame, hurt, names, memories
- Tear it, burn it (safely), or bury it

As the paper disappears, repeat an affirmation: "This no longer defines me. I release it with love."

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Reconnect with Your Body

Trauma often disconnects us from our bodies. Gently invite yourself back in.

- Stretch your limbs with curiosity, not expectation
- Try yoga, or intuitive movement
- Take a slow, grounding walk, focusing on how your feet meet the earth

Feel your body in the present. Remind it: You are safe now. This is your home.

Create a Safety Anchor

Choose a grounding object (a stone, a piece of jewelry, a soft fabric) to hold when you feel triggered or overwhelmed. Let it remind you of the present of safety, care, and your own power to self-soothe.

Healing Through Creativity

Art, poetry, dance, collage creative expression can hold what words cannot. You don't need to be an "artist" to make something beautiful and true. Let your creativity speak the unspeakable and shape your healing on your own terms.

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