

231: Release Trauma through TRE


10 Point Checklist

David Berceli

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"All that shaking that happens in the human body is the nervous system deliberately calming itself down."

DAVID BERCELI

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Figure out where the trauma is really coming from and deal with it from the source. Sometimes trauma manifests in the body and can bring forth health complications.
- Develop awareness for when I am stressed. When I am aware of the situation, I can deal with it better and with ease.
- Don't be ashamed of asking for help. Whether it's friends, family members, or professional individuals, asking for help doesn't mean I am weak.
- Prioritize my healing. I cannot be fully present or be of service to others when I am struggling with my own mental and emotional health.
- Keep figuring out what works. If a procedure or system doesn't feel right, feel free to move on to the next until I find something that suits my preference best.
- Be physically active. Maintain an exercise routine and refrain from having a sedentary lifestyle.
- Have a support group who fully understands what I am going through without judgment.
- Start with small steps. Whenever I am down and struggling, sometimes thinking too far ahead into the future can be unhealthy. The best thing to do in times of strife is to figure out what's next.
- Do it for the long-term. Always reflect on the present decisions I make and decipher whether it is something that my future self will thank me for.
- Grab a copy of David Bercelli's book, [Shake It Off Naturally: Reduce Stress, Anxiety, and Tension with \[TRE\]](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/release-trauma-through-tre-with-david-bercelli>