

# After CARE



Drink plenty of fluids!  
Staying hydrated helps the energy move out more efficiently!



Energy work can make us sensitive to heavy or rich food. Try to eat light.



Take time to rest afterwards. While some sessions are invigorating, others can leave you tired, especially if we are working on emotional release.



Practice mindfulness for at least 20 minutes after a session. It can take time to process what we talked about or things may wait to arise until later.



Indulge in a bath, shower, or foot soak. It's a wonderful way to help release any additional energy that was loosened up.



Avoid drugs & alcohol after a session. They can weaken your energy systems and disrupt the healing process.

# COMMON SIDE EFFECTS

Energy work, such as Reiki and other services provided, typically have positive effects after session. However, there are occasionally mild side effects that will dissipate within 48 hours. Following the after care instructions on the other side of this handout will help reduce or alleviate these symptoms.

- Odd tingling, buzzing, muscle tightness & release, or other sensations in your body.
  - This is due to energy releasing after being dislodged in session.
- Increase of emotional release.
  - This will happen more often with folks that seek services due to challenging life events & are still holding that in their body. Sessions may dislodge this energy as it releases over the next day or two.
- Feeling tired or fatigued.
  - I refer to this as the “emotional hangover.” Very similar to a releasing cry, there is often simultaneous feelings of being lighter & tired at the same time.
- Change in restroom habits
  - An increase of urination & bowl movements are common, typically right after or same day. This is just another way for your body to release energy.

*Some of the side effects above can also be associated with unrelated medical issues. If you have symptoms that are severe, persist beyond 48 hours, or they become concerning, you should seek the care of a medical professional.*