**Social Media Posts 6 Things You Can Do to Heal Your Inner Self**

**Facebook:**

1. When you’re trying to heal through a crisis, it’s important to be kind to yourself LINK

2. Paying attention to your body can help you to understand where you need to focus your healing LINK

3. It’s important to believe in yourself if you want to overcome past trauma. LINK

4. Setting healthy boundaries is a great way to heal your inner self LINK

5. If you want to heal your inner self, getting plenty of sleep is key LINK

**Twitter:**

1. Being kind to yourself when trying to heal through a crisis is important LINK

2. When healing your inner self, pay attention to your body LINK

3. To heal from past trauma, you’re going to need to build up self-belief LINK

4. Heal your inner self by setting healthy boundaries LINK

5. Ensuring you get plenty of sleep is key to healing your inner self LINK