

# TRE<sup>®</sup> AFTER-CARE INSTRUCTIONS

*Shake with us again soon for less stress, more kindness!*

## WATER



Drink lots of water—you just gave yourself an internal massage.

## REST



Take a nap or rest if your body needs it—you may feel a bit tired after your first time or two.

## DREAMS



Notice any dreams tonight—your unconscious may resolve whatever came up today.

## BATH



Take a warm bath with Epsom salts and lavender oil—you may be a little sore.

## SHAKING



Stop tremoring afterward—you can straighten your legs & flex your feet, walk around, or sit with your back against a wall.

## EMOTIONS



Monitor emotions over the next 24–48 hours—you may feel more sensitive than usual.

## TITRATE



Wait a couple of days before tremoring again—your nervous system needs time. Shake no more than 2–3 times/week for 10–20 minutes each.

## PROVIDER



Work with a TRE<sup>®</sup> Provider at first—you'll learn how to do the exercises safely & regulate your tremoring & emotions. Plus, I can offer modifications to support you!

## CONCERNS



Text or call me if you're in pain or anything else concerns you.



**Dorothea Deley**  
Certified TRE<sup>®</sup> Provider  
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