

Hello, it's Terri from She Beasts! We're thrilled to be back with another blog post, this time focusing on rebuilding and transforming from the inside out after experiencing trauma. As someone who has been a part of She Beasts for almost two years, I want to share my own journey and discuss mental health and the resilience of trauma survivors.

We all know that dealing with traumatic events, especially at a young age, can be incredibly overwhelming. I personally spent my formative years battling my own mental health while being surrounded by toxic people and environments.

But here's the thing: you're never alone in your struggles. Sharing your problems can lighten the load and even help you heal. I know that so many of us can relate to at least some part of these experiences.

I'll be honest with you, I've been through some dark times. I was the girl who faced multiple suicide attempts and engaged in self-harm. But I'm here today, stronger than ever, and I want to share my story to inspire others who may be going through similar challenges.

I am the girl who lives with and has overcome:

- Trauma
- Struggling with food
- Depression
- Anxiety
- PTSD
- EUPD (BPD)

Let's reflect on the past and embrace the present.

I was initially introduced to She Beasts in February 2021 through a referral from Birmingham & Solihull Women's Aid (BSWA). What really caught my attention was the empowering concept of She Beasts, especially their focus on making a positive impact in marginalised communities locally. Since then, I have been on a transformative journey, both physically and mentally, as well as financially.

During this journey, I have faced verbal, emotional, and mental abuse, among other challenges. It's important to remember that domestic abuse encompasses more than just physical violence; it can take many different forms.

After discussing my situation with my GP, I was referred to IRIS and was warned that if things didn't change at home, my daughter's well-being could be at risk. I knew I couldn't let that happen, so I made the decision to leave.

Unfortunately, leaving the relationship didn't put an end to the abuse entirely. I continued to experience controlling tendencies and issues regarding child contact. The family court process was an incredibly challenging and gruelling 18 months, but I remained strong and continued to speak my truth, even when it felt like it was breaking me.

My ultimate goal was to make my daughter proud and be the best mother I could be. To achieve this, I took the first step by investing in myself through counselling, volunteering for

Women's Aid, and giving back to the organisations that supported me during my lowest moments.

It was at this time I first met Sadie, the founder of She Beasts. She passionately explained her concept and the incredible goals she wanted to achieve. I was absolutely blown away by her vision! However, at that time, I lacked the self-confidence to fully believe in myself, so my response was a cautiously optimistic “Yes”. It's amazing how much has changed since that initial meeting.

Although the entire process may seem unbelievable, it is absolutely possible. I am making excellent progress and anticipate completing my educational qualifications provided by She Beasts by January 2024, or possibly even earlier since I am ahead.

The methodology of She Beasts centres around healing through strength, offering women who have experienced trauma the essential tools to rebuild their lives and emerge even stronger than before. This program focuses on three core pillars - fitness, nutrition, and mindset - which are transferable skills that can significantly impact the healing and growth journey of survivors. It's a complete transformation from the inside out.

Our team consists of coaches and members who have lived through similar experiences, providing guidance on self-compassion, resilience, and personal growth. We empower women to embrace their inner strength and rewrite the narratives of their lives.

Sometimes, people may doubt their own worth, but the truth is that everyone has incredible potential. We all need a bit of support and assistance to realise our true capabilities. Opportunities like this don't come around often, but when they do, it's crucial to seize them.

It serves as undeniable evidence that despite thinking you may not overcome these obstacles and having aspirations, you absolutely can and will succeed.