

SELF-CARE & HEALING

Continuous healing and practicing self-care allow those impacted by violence to regain control of their mind, emotions, body and overall wellbeing. Healing and self-care can take many forms and can be different for everyone. Participating in transformative and nurturing activities where finding safety, connection, community and support can help you move on from traumatic experiences. Try to identify activities that help you feel secure and comforted.

IDEAS FOR PRACTICING SELF-CARE

- **Reflect on Your Thoughts**
Keep a diary, write poetry or find a way to creatively express and process your thoughts, emotions and steps toward healing.
- **Find a Good Social Group**
Surround yourself with a supportive group of friends, family, a partner or an affirming community of understanding individuals who are there to provide you with unconditional compassion and care.
- **Nourish Your Mind**
Do things to relax and focus your thoughts through activities like meditation, reading or coloring in a coloring book.
- **Know That You Are Believed and Not Alone**
Your emotions and experiences are valid. CARE advocates are here to help support and guide you. You are not alone.
- **Nourish Your Body**
Take care of yourself. Cook yourself your favorite meal or engage in a new favorite physical activity like going to the gym or doing yoga.
- **Be Kind to Yourself**
It's important to establish a positive internal conversation with yourself. Treat yourself with the same kindness that you give your loved ones. Tell yourself that you matter, that you're important and that you're doing your best. Try to stop criticizing yourself.
- **Allow Time to Decompress**
Reserve a night to stay in and take time for yourself. Have a marathon of your favorite shows or movies, or spend time doing something you find relaxing.
- **Get Outdoors**
Spend time in nature and enjoy the outdoors. Take a hike, explore the Botanic Gardens or go for a walk.