

# Ideas for Taking Care of Yourself

Self-care means taking steps to feel safe and well. Taking good care of yourself can help after the trauma of an assault, whether it just happened or was a long time ago. You are the expert on what feels helpful to you.

## Here are some ideas for positive coping:

- Remind yourself that your feelings are normal, and you will heal from this trauma
- Be gentle to yourself
- Avoid self-blame
- Seek counseling
- Get extra rest
- Pay attention to what helps you feel better
- Ask for help - big or small, reach out
- Join a support group and meet other survivors
- Physical activity can help reduce stress and regulate emotions
- Reach out to your support system if it helps to talk with or just be with people who care about you
- Try positive distractions - a movie or book that gives you a break from thinking about trauma
- Eat healthy meals and snacks
- Remember drugs and alcohol only postpone feelings and don't support healing
- Give yourself time to heal