



SELF-CARE & SAFETY

For Women





SEEKING HEALING

Seeking healing, we require both support and safety. We realize that we must be willing to invest time, money, and energy into this endeavor to ensure its success. Things will likely become difficult. When we're feeling overwhelmed or struggling, our mental and emotional well-being is essential. For help with our support and safety, we can be proactive by doing some of the following:

1. **TALK TO A LOVED ONE.** Sharing our feelings with a trusted friend or family can be a great way to find support. They can listen, offer advice, and be there for us when we need someone to talk to.
2. **SEE A THERAPIST.** A therapist can help us work through our emotions and challenges in a safe and supportive environment. If we don't already have one, we can find therapists in our area by searching online directories or through our insurance provider. Also, note that having more than one therapist is perfectly "normal," especially when addressing issues such as trauma, grief, stress, child sexual assault, and healing. We may find more support with a qualified specialist.
3. **JOIN A SUPPORT GROUP.** Support groups, such as Sister Circles, are a great way to connect with others who are going through similar experiences. We can find support groups in our area by searching online or through local organizations. These can also be virtual meetups.
4. **REACH OUT TO A HELPLINE.** Many helplines available can provide support and resources when we are feeling overwhelmed or struggling with mental health issues.
5. **IMPLEMENT SAFETY PRECAUTIONS.** These safety measures can increase security and help us protect ourselves. You should do what helps you feel the most secure.

Seeking healing at any time is a sign of strength.
By now, we realize that it's okay to ask for help when we need it.
There is no need to justify yourself and your behavior as you heal.



SELF-CARE STRATEGIES

During this process, we MUST prioritize care for ourselves: mentally, physically, spiritually.

TRY THESE:

- ☐ Do something creative
- ☐ Dance and add fun to your day
- ☐ Meditate
- ☐ Practice deep breathing
- ☐ Write in your journal
- ☐ Spend time in nature
- ☐ Practice gratitude
- ☐ Stretch your body
- ☐ Read something meaningful
- ☐ Listen to soothing music
- ☐ Be gentle with yourself
- ☐ Enjoy your hobbies
- ☐ Spend time with furry friends
- ☐ Practice mindfulness
- ☐ Receive regular massage therapy
- ☐ Get fresh air
- ☐ Drink warm beverages
- ☐ Enjoy some sunshine
- ☐ Go for a walk

AND THESE:

- ☐ Use acupuncture
- ☐ Take daily vitamins for nutrition
- ☐ Get additional rest and sleep
- ☐ Eat healthy foods
- ☐ Stay hydrated
- ☐ Take a relaxing bath or shower
- ☐ Engage in gentle exercise
- ☐ Focus on the positive
- ☐ Spend quality time with a partner
- ☐ Connect with friends
- ☐ Use positive self-talk
- ☐ Reach out to family for support
- ☐ Set boundaries with those who are not supportive or helpful
- ☐ Do something fun
- ☐ Get regular therapy sessions
- ☐ Manage stress with natural herbs
- ☐ Use aromatherapy



SAFETY PRACTICES

During this process, we require safety and security. Shame and fear of retribution are real.

DOING THIS MAY BE USEFUL:

- ☐ Remove your name and address from public searches
- ☐ Live with others, not by yourself
- ☐ Install security and surveillance equipment
- ☐ Get a dog
- ☐ Screen unknown calls
- ☐ Maintain a point-of-contact for media
- ☐ Do not engage with strangers
- ☐ Maintain weapons such as firearms, knives, mace
- ☐ Engage Court Advocates
- ☐ Report relevant incidents to the police
- ☐ Record relevant telephone conversations
- ☐ Keep good records
- ☐ Secure all homes, vehicles, and personal spaces
- ☐ Obey the law
- ☐ Practice self-defense
- ☐ Document all communications
- ☐ Use a personal alarm and safety keychain



TAKE TIME for your SELF

We are in this together.



Continue to look for online resources that help you.



Share important documents and insights.



Talk on the phone when you need to communicate.



Get together in person with loved ones when the need arises.