

SELF-CARE FOR SURVIVORS

Self-Care is a necessary part of our daily lives, as well as our healing process. Yet, it can be challenging to identify what type of care you need. Whether you have current activities you enjoy, or are starting a self-care routine from scratch, it can be helpful to reflect on various types of self-care to improve your wellbeing during a period of healing.

To better understand where you may need self-care, consider taking an assessment:

[Self-Care Assessment\(therapistaid.com\)](https://therapistaid.com)



Physical Self-Care

- Nurturing your body - inside and out:
- eating regular meals
 - going to bed at a good time
 - finding an exercise that is recharging
 - try a new workout class
 - take a walk with a friend
 - take a break to grab a glass of water
 - use essential oils in the shower
 - create a morning routine to ensure you get some 'you' time
 - take a mental health day and only rest



Emotional Self-Care

- Allowing yourself to feel and nurture your emotions, no matter what they may be:
- Explore new hobbies - take a class or watch a YouTube video
 - turn your phone off for the evening and disconnect
 - journal about your accomplishments
 - talk to a friend about what may be challenging in your life - or talk to a professional
 - do something comforting - watch a favorite movie or take a bath



Social Self-Care

- Connecting with others and recharging through relationships:
- schedule a night out/ in with friends
 - ask for support from family
 - keep in touch with old friends
 - chat with a colleague
 - schedule dates with your partner
 - go to a support group
 - attend a group activity



Spiritual Self-Care

- Connecting with an internal or higher power:
- meditate (insight timer, headspace)
 - spend time in nature
 - pray
 - set aside time for thought and reflection
 - attend a religious group or event
 - participate in a cause important to you



Professional Self-Care

- Allowing yourself to have habits that makes your work life sustainable:
- say no to excessive responsibilities
 - turn off email after work
 - take breaks at work
 - keep a comfortable workspace - declutter, have fidget's
 - take on projects that feel rewarding