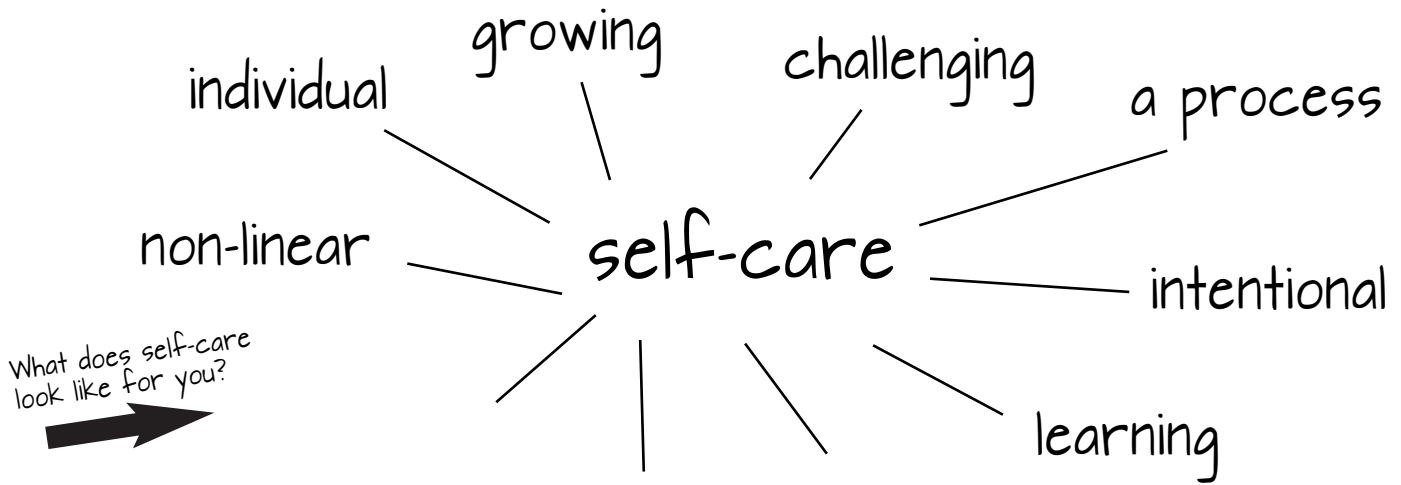


Self-Care 101

Self-care means something different to everyone. The Care Center created this handout to get you thinking about what it means to you!



It is never too late to get the help that you deserve!

I CAN:

 DRINK HOT TEA	 READ AND JOURNAL	 GET REST	 CUDDLE A PET



THE SEXUAL TRAUMA & ABUSE

CARE CENTER

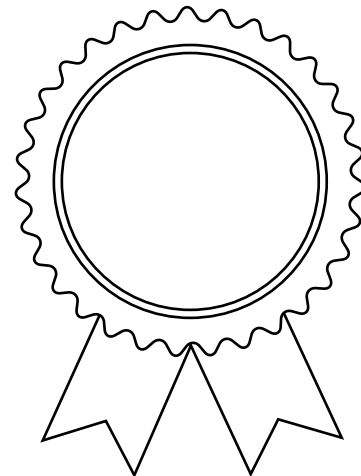
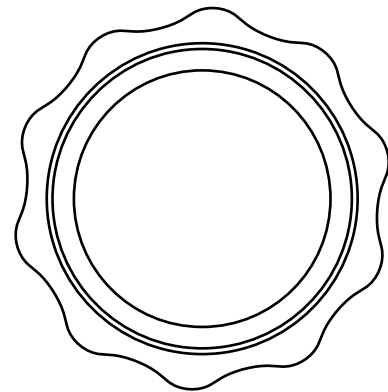
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Self-Care Can Be...

- ☐ Changing a routine
- ☐ Giving yourself permission to say Yes or No (to family, friends, work)
- ☐ Take time to recharge
- ☐ Caring for one's self before others & prioritizing basic self-care like rest or water
- ☐ Make a collage. Doodle. Take a selfie.
- ☐ Pursuing new forms of medical care (chiropractor, acupuncture, psychiatry)
- ☐ Practicing meditation and mindfulness
- ☐ Label your emotions & feelings (hungry, excited, sleepy, overwhelmed, grateful)
- ☐ Noticing your breath, then breathing more deep and full
- ☐ Participating in social justice work or joining a supportive community
- ☐ Risking vulnerability
- ☐ Write a list of things that make you happy
- ☐ Journaling & creative writing
- ☐ Seeking sensory experiences (essential oils, pleasurable feelings, massage, walking in nature)
- ☐ Listen to music with your eyes closed
- ☐ Speaking out about your experience when it feels right
- ☐ Making time for movement that feels good or listening to your body
- ☐ Finding a healthcare provider or therapist that is a good match
- ☐ Asking for help
- ☐ Noticing negative self-talk, practicing positive self-talk
- ☐ Pick up or make your favorite food and savor it
- ☐ Read when you don't feel like talking

Self-Care Victory Badges

Celebrate your victories - big or small!



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YEARS STRONG

The Sexual Trauma & Abuse Care Center

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www.stacarecenter.org