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!

What does self-care look like for you?

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

The Sexual Trauma & Abuse CARE CENTER
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!

- I asked for help!
- The Sexual Trauma & Abuse Care Center
Counseling • Advocacy & Response • Education
24/7 Support: 785-843-8985
www.stacarecenter.org

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