

Supporting Survivors of Sexual Assault: Self-Care

Supporting someone who has experienced sexual assault can be rewarding, exhausting, exhilarating, and triggering. Remember that you deserve support, too! Self-care is not selfish and it is not extra. It is an essential part of being a supportive community leader. In order to “be there” for people, you have to be there for yourself.

People use different strategies to cope with stress and to renew themselves after difficult work. Here are a few that some people like; you can use the spaces at the bottom to add your own.

- ♥ Call the hotline. It is there not only for survivors, but also for friends, family and support people of survivors.
- ♥ Talk with your supervisor. Even if the situation is resolved or you don't need your supervisor's input, talking with them can help you process what you've experienced.
- ♥ Talk with a friend. (Even though you can't tell them what someone else disclosed to you, you can talk about what you are feeling.)
- ♥ Journal.
- ♥ Take a hot bath.
- ♥ Take a nap.
- ♥ Ask for an extension.
- ♥ Ask a friend for a back rub.
- ♥ Eat chocolate.
- ♥ Go for a hike.
- ♥ Go for a swim.
- ♥ Dance.
- ♥ Listen to music.
- ♥ Make kindergarten art.
- ♥ Cook something great for yourself.
- ♥ Ask a friend to cook something great for you.
- ♥ Watch a funny movie.
- ♥ Give yourself space to cry.
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