Self-Care for Victims of Sexual Assault

After a sexual assault, self-care is one of the most important things you can do for yourself. It is also one of the most difficult things to do. Self-care involves doing things for yourself that you enjoy or are good for you. Self-care is also about not doing things that can harm you or make you more vulnerable.

You should remember
- You do not have to talk about the assault if you do not want to
- You can tell people you would rather not talk about the assault
- You do not have to pretend everything is fine
- You did not do anything wrong
- It was not your fault

Self care suggestions
- If you have a poor appetite, try eating only your favorite foods
- If you cannot sleep, do something that does not require a lot of activity, such as watching TV, playing solitaire or listening to music
- Take a hot shower/bath
- Cook
- Create something, make something
- Get a massage
- Volunteer somewhere
- Read
- Take a walk
- Change your environment
- Draw, paint, color, look at art
- Clean
- Get your nails done
- Go to a movie
- Play cards
- Use breathing techniques
- Write
- Call a friend
- Play sports
- Exercise
- Surround yourself with good smells – light a candle, bake cookies
- Make a cup of tea, coffee, hot chocolate
- Go to a mall and walk around – window shop
- Go out into nature – enjoy flowers, plants, living things
- Go to the public library (you can take out movies, music, look at magazines, read newspapers, etc.)
- Rent some movies and spend an evening with friends/family
- Take advantage of the attractions in your area:
  - Botanical gardens
  - Public museums
  - Art galleries

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.
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