



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