

SELF-CARE

Self-care refers to those activities you do to take care of yourself physically, mentally, or emotionally. Practicing good self-care can be hard for a lot of people. It can be especially challenging for those who have experienced domestic violence, but can also be a critical part of the healing process. Check out these tips on practicing self-care.

- Be sure to get sufficient rest at night. If you have trouble sleeping, get up and do something relaxing or enjoyable.
- Be on the lookout for any changes in your habits, attitudes and moods.
- Be self-nurturing and don't forget to laugh.
- Practice acceptance. Many people get distressed over things they won't let themselves accept. Often, these are things that can't be changed, such as someone else's feelings or beliefs.
- Develop a realistic schedule of daily activities that includes time for work, sleep, relationships, and recreation.
- Improve your physical surroundings by cleaning your house or straightening up your office.
- Physical activity is a great stress reliever and can be as simple as taking a walk. Or try aerobics, yoga, jogging, dancing, or swimming.
- Balance your family, social, and work demands with special private time. Hobbies are a good antidote for daily pressures. Unwind by taking a quiet stroll, soaking in a hot bath, watching a sunset, or listening to calming music.
- Friends can be good medicine. Daily doses of conversation, regular social engagements, and occasional sharing of deep feelings and thoughts can help reduce stress.

OTHER SUGGESTIONS:

- Massage
- Baking
- Yoga
- Time with friends
- Meditation
- Positive visualization
- Painting
- Cleaning
- Taking a class, attending a conference
- Running
- Walking a dog
- Long baths
- Eating slowly and purposefully
- Reading
- Biking
- Hiking
- Journaling
- Singing
- Playing music