

Self-Care

Self-care is an important process that involves taking time to relax and check in with oneself. Unfortunately, abusers often manipulate victims into thinking they don't deserve self-care or that it's wrong to take time for themselves, but this couldn't be further from the truth. **Self-care is essential** for our physical, mental, and emotional well-being, and it's something that everyone deserves.

Examples of self-care might include treating yourself to something you enjoy, such as a hot bath, a face mask, or watching TV. It can also come in other forms, such as exercise or spending time with a pet. Whatever form of self-care you choose, make sure it helps to de-stress you and make you feel relaxed.

Starting to take care of yourself may temporarily evoke guilt feelings. This isn't due to the self-care itself, but rather the idea that resting is unproductive that has been instilled in you. So, it's essential to allow yourself some self-care, even if it's just a little.

Here are some ideas for self-care that you can try:

- ❖ Spend time with a pet or loved one
- ❖ Take a calming shower or bath
- ❖ Go for a walk or do some exercise, if possible
- ❖ Drink a cup of tea
- ❖ Watch a movie or TV show you like
- ❖ Read a good book
- ❖ Meditate
- ❖ Listen to music, brown noise, or ASMR

Remember to use a variety of self-care methods from different categories, such as physical, psychological, emotional, social, professional, environmental, spiritual, and financial. Having many options to fall back on can help if your first choice becomes unavailable.

