

What You Can Do To Take Care of Yourself

The same areas in which we experience the effects of trauma are also areas to focus efforts to help ourselves cope. The following are some ideas others have found useful. Add to it those you have found helpful.

Emotional (feelings)	Cognitive (thinking)	Behavioral (doing)	Physical	Spiritual	Societal
<ul style="list-style-type: none"> • Practice moderation • Allow yourself to experience what you feel (cry, shake, breathe deeply) • Label what you are experiencing • See a counselor • Be assertive when needed but check with a trusted person to see if you're overreacting • Practice relaxation response exercises • Keep open communication with others • Remember you have choices • Develop your sense of humor • Find a "vent-partner" • Use "positive" words and language • Go fishing 	<ul style="list-style-type: none"> • Practice moderation • Write things down • Be patient with yourself • See the decisions you are already making • Make small, daily decisions • See a counselor who does EMDR (Eye Movement Desensitization and Reprocessing) • Get the most info you can to help make decisions • Plan the future • Anticipate needs • Remember you have choices • Review previous successful problem solving • Break large tasks into smaller ones • Ask for help from friends and family • Notice when things are ok • Practice gratitude 	<ul style="list-style-type: none"> • Practice moderation • Balance time spent with others with time for yourself/with God • Limit demands on time and energy • Help others with tasks • See a counselor • Do activities that were previously enjoyable • Take trips or different routes to work • Remember you have choices • Ask others how they think you're doing • Find new activities that are enjoyable and (mildly) challenging • Set goals, have a plan • Do things that relax you and bring you joy • Get involved with others in working for a justice that restores 	<ul style="list-style-type: none"> • Practice moderation • See your doctor and dentist • Exercise • Maintain regular sleep patterns • Minimize caffeine • Eat well-balanced and regular meals • Drink water • Wear less restrictive clothing • Remember you have choices • Engage in some physical luxuries-spas, massage, exercise trainers, baths • Practice relaxation response exercises • Dance • Take walks 	<ul style="list-style-type: none"> • Practice moderation • Discuss your beliefs with spiritual leaders • Pray • Meditate • Practice the rituals of your beliefs • See a counselor • Attend spiritual retreats • Visit new places of worship • Remember you have choices • Ask the hard questions boldly • Pass on or teach your spiritual beliefs • Read spiritual literature • Read stories of other survivors who overcame hard times • Sing • Paint • Write poetry 	<ul style="list-style-type: none"> • Engage in healthy friendships • Share and invite stories • Share laughter • Share and co-create knowledge and learning • Avoid gossip • Practice appreciative enquiry and listening
<ul style="list-style-type: none"> • YOUR IDEAS 	<ul style="list-style-type: none"> • YOUR IDEAS 	<ul style="list-style-type: none"> • YOUR IDEAS 	<ul style="list-style-type: none"> • YOUR IDEAS 	<ul style="list-style-type: none"> • YOUR IDEAS 	<ul style="list-style-type: none"> • YOUR IDEAS