

*"The Savior calmed the seas and brought comfort and peace to His disciples. He can help you feel peace and meaning in life despite your challenges. ... Practice self-care. Stress can be very harmful to your health. Take time to care for yourself by doing something you enjoy each day."*

mentalhealth.lds.org



## WHAT EXACTLY IS SELF-CARE?

Self-care is an important step in recovering from a sexual assault. Self-care is about taking steps to feel healthy, comfortable, and safe. Regardless of when your sexual assault occurred, self-care is always helpful in lasting recovery. Self-care applies to both your physical and emotional health and involves doing things for yourself that you enjoy and which are good for you.

After a trauma, like sexual assault, it is important to keep your body healthy and strong. Self-care is one of the best things you can do for yourself. Whatever stage of healing you are in, it is important for you to take care of your physical and mental health.

Good physical health can support you through this difficult time and aid in the recovery process. Maintaining a balanced diet and a regular sleep schedule will allow your body to process the difficulties from the trauma you experienced. Emotional health can take a variety of paths and means different things to different people. According to RAINN (Rape, Abuse, & Incest National Network), the key to emotional self-care is being in tune with yourself.

## TIPS TO TAKE CARE OF YOURSELF

**Keep a journal** – Many survivors feel that journaling is a good place to record feelings they have about what happened. Journals provide a safe space to record anger, fear, frustration, loneliness, triggers, or doubts you may be experiencing.

**Spend time with friends and family** – After a trauma, it can be hard to believe that any good still exists in the world. Spending time with those you love and trust can help aid in your recovery and remind you that you are loved and valued.

**Find ways to relax** – Relaxing can be hard to do after a sexual assault, but if you can find ways to relax, it can aid in your recovery process. This could include taking a bubble bath, reading, cooking, meditation, or yoga.

**Exercise** – Working out can be a great way to reconnect with your body again. Go for a run or walk, join a dance class, or go on a bike ride. Fitness is a great way to have some time to yourself and can actually serve as a natural anti-depressant.

**Treat yourself** – Spend time watching your favorite movie, reading your favorite book, or eating your favorite treat. Even something this small can go a long way in helping you recover and feel comfortable again.

## ADDITIONAL RESOURCES

[rainn.org](http://rainn.org)

[pandys.org](http://pandys.org)

[satchawaii.org](http://satchawaii.org)

### WSR Info Sheets

*Sexual Assault Recovery Resources*

*Sexual Assault Survivor Guide*

*How Family and Friends Can Help after a Sexual Assault*

### Title IX

[titleix.byuh.edu](http://titleix.byuh.edu)

**BYUH Women's Services & Resources Confidential Reporting Area**

[wsr.byuh.edu](http://wsr.byuh.edu)

**Counseling Services**  
[counseling.byuh.edu](http://counseling.byuh.edu)