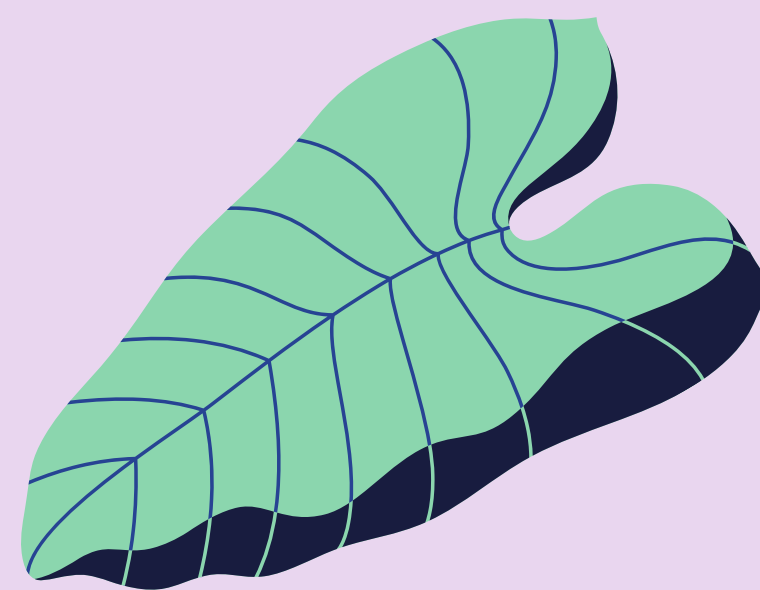




DIFFERENT KINDS OF SELF CARE



We don't always need the same thing. Some days we might feel tired and burnt out, so self kindness might work best for us. Other days we might be dealing with difficult emotions, so sitting with them can allow us space to accept and explore them. If we've got a lot going on and not sure what to do, reflection might be helpful.

SELF KINDNESS

Often people think of self-kindness and self-care as having a bubble bath with some candles. If you enjoy that - great! But self kindness can just be anything that's kind and relaxing. This might be best when you're feeling really wrung out and exhausted!

Examples could include but aren't limited to:

- Going for a walk
- Spending time on your own, doing things you enjoy like making food like *you* like it
- Watching a film
- Dancing on your own
- Giving yourself permission to rest and not do work/see friends/prior commitments



REFLECTION

Try setting some time aside to reflect and look back on what's going on for you and how you're feeling. This could be with a trusted friend or adult or by journaling on your own. Different people find different methods of reflection easier, so be in tune with what feels good and what works for you

STAYING WITH FEELINGS

Sometimes it's not our feelings that are hard, but actually our feelings about our feelings! Try and stay with them, accept them for what they are and honour them. Sometimes things make us feel uncomfortable because they *are* uncomfortable and that's ok. If staying with your feelings feels too difficult or you've experienced trauma seeking support from a mental health professional such as a therapist could be helpful.

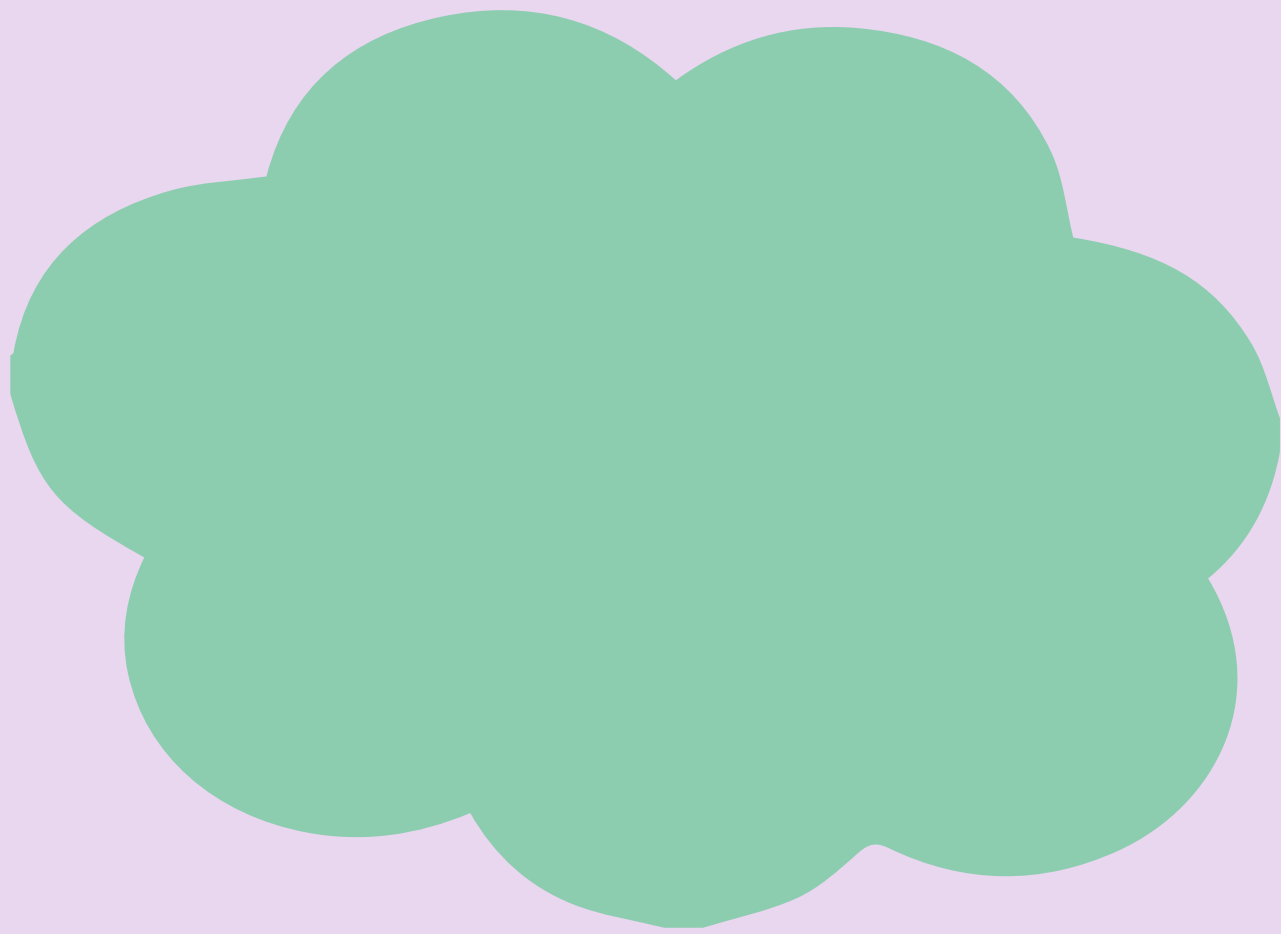


PRACTICING SELF CARE

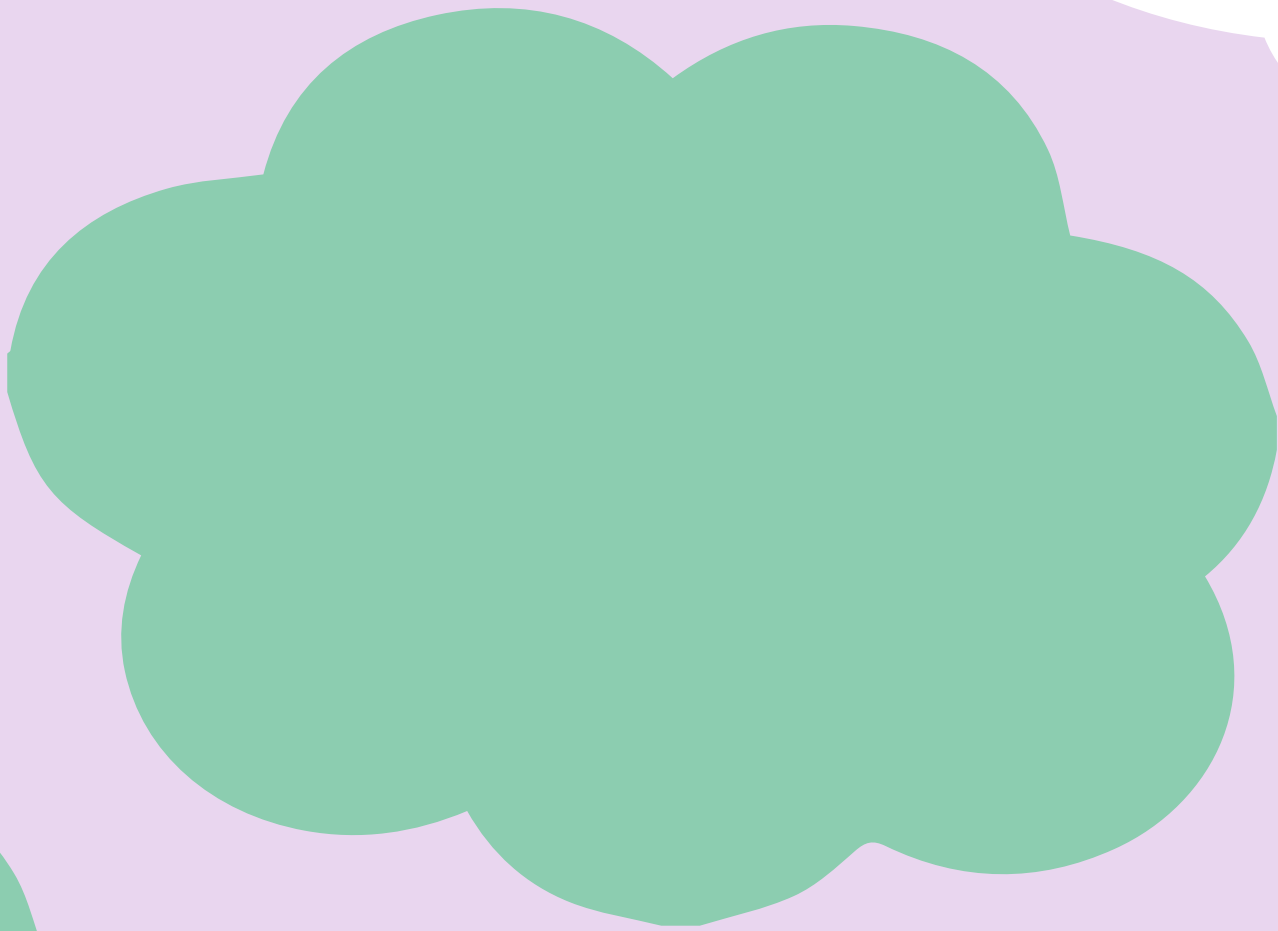
Self-care is what it sounds like, doing activities that are purposefully for your own health - physical or emotional. It's a good idea to try and build activities into your life which you find relaxing. You could do these after being intimate with someone, after disclosing sexual trauma about or after reading triggering content.

Different types of self care include: **self kindness** (self kindness can just be anything that's kind and relaxing. or feels good for your body), **reflection** (setting some time aside to reflect and look back on what's going on for you and how you're feeling. This could be with a trusted friend or adult or by journaling on your own.) or **staying with feelings** (this means sitting with and honouring your feelings in a safe, nurturing environment).

FILL IN THE SPACE BELOW, WITH ACTIVITIES YOU REALLY LIKE DOING. THEY SHOULD BE THINGS THAT MAKE YOU FEEL GOOD EMOTIONALLY OR PHYSICALLY.



WE OFTEN THINK OF SELF-CARE AS DOING A FACE MASK OR GOING FOR A WALK, BUT IT CAN ALSO BE SIMPLE THINGS LIKE DRINKING WATER OR EVEN FACING DIFFICULT FEELINGS AND CREATING A SAFE ENVIRONMENT TO DO SO.



YOU CAN USE THESE AS AFTER CARE TO INTIMATE EXPERIENCES OR COME BACK TO THEM WHENEVER YOU FEEL LIKE YOU NEED TO TAKE CARE OF YOURSELF.