

# Self-Care for Survivors of Abuse

Learning to take care of yourself can be an important part of the healing process.

- Know that you are not alone. Many millions of people around the world experience child abuse, and many live full, productive and happy lives.
- Recognise that help is available for you.
- Take care of your physical self. Try to eat a healthy well-balanced diet, exercise regularly and get plenty of rest and sleep.
- Seek medical attention whenever you need it and don't put off visiting the doctor because you risk a simple medical issue becoming a serious problem.
- Get clinical support to help you manage your experience of abuse. This could mean seeing a psychologist, social worker, or counsellor.
- Talk to the experts. There are specific helping services available for many different kinds of abuse. Connecting with people who have expertise in the area of your experience can aid your healing.
- Join a local support or survivors group to share your situation with people who have been through similar experiences.
- Write it down. Whether it be a letter that you shred instantly or a long-term journal of your thoughts and feelings about your abuse, the process of simply writing a record of your experience can help you to clarify your thoughts and manage your emotions.
- Try meditation or relaxation exercises.
- Spend time with people you love.
- Distance yourself from anyone who makes you feel negative, drains your energy or asks too much of you.
- Be gentle with yourself.
- Do things that you love to do and treat yourself to a few indulgences.
- Get involved with a hobby or a sport you can enjoy.
- Take time for yourself if you need it.
- Get it off your chest. Talk to supportive friends or family about your experience. You can also call the CAPS telephone line, whenever you need to on 02 9716 8000. Remember you don't need a reason to call.



**child abuse  
prevention service**

**If you would like to find a local  
clinical service, professional or  
survivors group, or for free,  
non-judgemental support call**

**02 9716 8000**

**[www.childabuseprevention.com.au](http://www.childabuseprevention.com.au)**