



Trauma can affect every part of our well-being - physically, emotionally, and mentally. Although self-care won't erase the pain, it can help restore a sense of control and promote healing. Whether you're dealing with recent trauma or past experiences, practicing self-care is essential to emotional recovery. Here are some simple, evidence-based strategies to support you through challenging times.

1. ACKNOWLEDGE YOUR FEELINGS

It's important to recognize and accept your emotions without judgment. Trauma can bring up intense feelings like fear, anger, or sadness. Research shows that acknowledging and processing emotions is crucial for healing (Gordon et al., 2019).

2. CREATE A SAFE SPACE

Trauma can leave us feeling unsafe. Creating an environment that feels secure can promote relaxation and healing. A calming space where you feel physically and emotionally safe helps reset the nervous system (Doyle et al., 2022).

3. PRACTICE BREATHING

Breathing practices help reduce stress by grounding you in the present moment. Simple techniques such as deep breathing or focusing on your senses can help you manage overwhelming emotions (Khoury et al., 2021).

4. NOURISH YOUR BODY

When dealing with trauma, it's easy to neglect physical health. However, eating balanced meals, staying hydrated, and getting enough rest are key to emotional resilience (Bisson et al., 2018). Exercise can also help regulate your mood and reduce stress.

5. SEEK SUPPORT

Talking to trusted people or a professional therapist can help you process trauma and feel less isolated. Social support is a powerful tool for coping with trauma (Tolin & Foa, 2022).

6. SET BOUNDARIES

Trauma can leave us feeling drained and vulnerable, making it harder to set limits. However, establishing boundaries is an essential act of self-care. Saying "no" to things that feel overwhelming can help protect your energy (Choi et al., 2023).



IF YOU ARE IN IMMEDIATE DANGER, PHONE 000 AND ASK FOR THE POLICE AND/OR AN AMBULANCE

1800 RESPECT is the 24-hour national domestic, family and sexual violence counselling, information and support service. Call 1800 737 732.

LIFELINE is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Call 13 11 14

Call **GOT YOUR BACK SISTA** on 02 4989 2777 during business hours to book an appointment with our Support Team or receive information and advice.