

# Self-Care After Trauma

## Tips from RAINN

Self-care is about taking steps to feel healthy and comfortable. Whether it happened recently or years ago, self-care can help you cope with the short- and long-term effects of a trauma like sexual assault.

### Physical self-care

After a trauma, it's important to keep your body healthy and strong. You may be healing from injuries or feeling emotionally drained. Good physical health can support you through this time. Think about a time when you felt physically healthy, and consider asking yourself the following questions:

- **How were you sleeping?**

Did you have a sleep ritual or nap pattern that made you feel more rested?

- **What types of food were you eating?**

What meals made you feel healthy and strong?

- **What types of exercise did you enjoy?**

Were there any particular activities that made you feel more energized?

- **Did you perform certain routines?**

Were there activities you did to start the day off right or wind down at the end of the day?

### Emotional self-care

Emotional self-care means different things to different people. The key to emotional self-care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself the following questions:

- **What fun or leisure activities did you enjoy?**

Were there events or outings that you looked forward to?

- **Did you write down your thoughts** in a journal or personal notebook?

- **Were meditation or relaxation activities** a part of your regular schedule?

- **What inspirational words were you reading?**

Did you have a particular author or favorite website, like RAINN's Pinterest board, to go to for inspiration?

- **Who did you spend time with?**

Was there someone, or a group of people, that you felt safe and supported around?

- **Where did you spend your time?**

Was there a special place, maybe outdoors or at a friend's house, where you felt comfortable and grounded?

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline: 800-656-HOPE and [online.rainn.org](http://online.rainn.org), y en español [rainn.org/es](http://rainn.org/es).