

### Take Care of Yourself Physically, Spiritually and Emotionally

Many rape survivors feel isolated in the aftermath of the assault. In order to reduce those feelings, reaching out for support might be helpful. Talk to family members, friends, or an advocate when you are ready. Some people will react with full support, others may not react the way you anticipated or would like. Keep connected with those who can offer you support. It might help you feel better to have someone to talk to, and you might want people around you so that you feel safer. Additionally, a counselor or advocate can offer you additional support. Contact an advocate for assistance in creating your support system.

#### Coping Techniques to Try:

The following are suggestions to assist you following an assault

- Physical activity is a great stress-reducer (even a short walk!) Try to work physical activity into your daily routine.
- Get plenty of rest.
- Allow time for rest and relaxation: meditation, yoga, deep breathing, listening to music, reading, religious rituals, or anything that focuses and relaxes you.
- Eat a well balanced diet, with regular meals, even if it doesn't sound appealing. Sugar and caffeine can increase your stress level. Drugs and alcohol may exacerbate your feelings and reactions.
- Find a supportive person to talk to. Remember there are people who care.
- Give yourself permission to feel rotten sometimes.
- Share your feelings with others; let people know how they can help you.
- Keep a journal.
- Do things that feel good to you.
- Take good care of yourself. You deserve it.
- Coping means different things to different people. Develop a routine that is comfortable for you. Routine can be very stabilizing in the face of traumatic stress.
- Write, draw, sing, paint: create!
- Hold off on any big life changes right away; do make as many daily decisions as possible. This will increase your feeling of control over your life.
- Join a support group. Talking with others who have had similar experiences may help you.
- Talk with an advocate or a counselor.
- Explore your legal options.