

# 10 HEALTHY WAYS TO PRACTICE SELF-CARE

*self-care: looking after yourself; treating yourself as a person who deserves care*

1. Maintain a healthy sleep schedule.

2. Relieve stress and negative emotions through exercise.

3. Remember to eat! Make sure to get sufficient nutrition.

4. Talk to someone about your traumas and triggers in a safe place and at your own pace. Consider seeking professional assistance.

5. Read your favorite book or watch your favorite movie.

6. Walk away from any triggering situation or experience.

*It's okay to put yourself first.*

7. Continue to do the things you like.

8. Try something that you've always wanted to do.

9. In times of stress, use breathing exercises to keep calm.

10. Find support in your community. Consider joining groups with people who have had similar experiences.