

let's talk
SELF CARE



Domestic Violence Awareness Month



center for advocacy,
resources & education

UC DAVIS SELF CARE TOOLKIT



DOMESTIC VIOLENCE AWARENESS MONTH CAN BE:

A very hard and challenging time for many, so the UC Davis Center for Advocacy, Resources & Education (CARE) created this toolkit to deepen the conversation around self care and provide our community with some information regarding how to care for themselves.

A NOTE FROM OUR TEAM

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It is safe to say that most people picture face masks, journaling, and bubble baths when they think of self care. While those are great ways to relax and unwind, everyone deserves to have their own self care rituals. Remember that what works for you may not work for your loved ones! It is important to give everyone their own space to care for themselves the way they need to.

We also want to acknowledge that this Domestic Violence Awareness Month is different due to the COVID-19 pandemic so caring for yourself may look different this year. This time has been difficult for all of us so allow yourself the time to feel that and challenge yourself to try new habits. DVAM is a time to raise attention on a crime often overlooked which can take a toll on people, so here is your reminder to sit in the sun, make your favorite meal, move your body, or maybe do all of the above.

TYPES OF SELF CARE

Self-Care: *Looking after yourself; treating yourself as a person who deserves care*

While everyone self cares differently, it is also important to understand the different types of self care. These categories allow us to better access which part of our selves need the most attention and helps narrow the search for the correct remedy.

Emotional: Activities that help you connect, process, and reflect on a full range of emotions.

Physical: Activities you do that improve the well-being of your physical health.

Psychological: Any activity that stimulates your mind or your intellect.

Spiritual: Activities that nurture your spirit and allows you to think bigger than yourself. Spiritual self care does not have to be religious, although for some it is.

Workspace: Tasks you complete that fulfill core aspects of your life in order to prevent future stressful situations.

Relationship: Activities that nurture and deepens the relationships with people in your life.

definitions from Planned Parenthood

When you are faced with a hard day, evaluate which aspect of your self care you have been neglecting.



EMOTIONAL:

This type of self care is the most discussed in mainstream conversations. Journaling, creating art, or seeing a therapist, fall into the emotional self-care category. Remember that your mistakes do not define you and growth is always ahead.

PHYSICAL:

Moving your body, whether high intensity exercise, yoga, or blasting your favorite song and dancing around your room, helps clear your head while also grounding your body back to earth. Remember that these activities do not need to take up long periods of time, even just 5 minutes can change your day.

PSYCHOLOGICAL:

Psychological self-care can look like many different things from reading a book to taking a class you are really excited about.

SPIRITUAL:

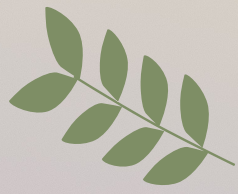
Mindfulness is a great way to ground yourself spiritually. Additionally, attending a place of worship or going somewhere in nature are spiritual self-care.

WORKSPACE:

Insuring that your workspace is healthy, not only helps with work efficiency but it also can make work more enjoyable. This can look like setting clear boundaries with your coworker, balancing work and life well, or surrounding your desk with beautiful and calming things.

RELATIONSHIP:

Platonic or romantic, relationships can be a space of self care but it is important to communicate your boundaries with your loved ones. Remember to spend time with the people that make you happy and bring you joy.



Brainstorm the ways you take care of yourself



Emotional

Physical

Psychological

Spiritual

Workplace

Relationship

3 things to notice daily:

1. What energizes you?
2. What are you grateful for?
3. What's not working for you?

Work on changing your self talk

Next time you think "am I behind?" try
"what can I celebrate?"

Next time you think "I messed
up," ask yourself, "what did I
learn?"

jot down your thoughts!

**To fill in when you
need it**



End of the week check-in

I feel...

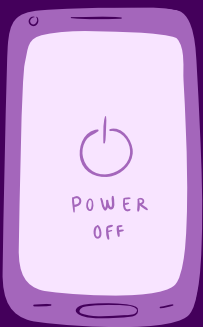
I celebrate...

I need...

I release...

I forgive...

I trust...



**WHEN
YOU'RE FEELING
OVERWHELMED...**

- ~ 3 breaths
- ~ establish steps to take care of yourself for the day
- ~ find small things to keep in mind & to remind yourself of

SELF CARE IN DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence Awareness Month is a time to spread awareness and work to end this violence, so it is important to center the survivor experience in our conversations. That means ensuring we are trauma informed in our approaches. Experiencing violence is an act that strips people of their power, so as support people of survivors, we should always be asking ourselves, "How can I help restore some of the power this individual lost?" Here are some ways to practice that.

**Listen and then
ask how you
can help**



**Offer options,
rather than
pressuring
them to report**

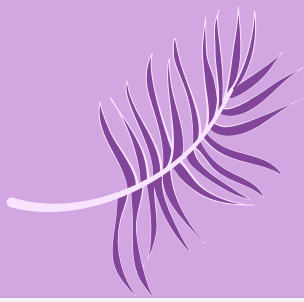


**Refer them to
resources**



Take some time to fill in things you are grateful for

I am
GRATEFUL
for...



CONFIDENTIAL RESOURCES

CENTER FOR ADVOCACY, RESOURCES, & EDUCATION (CARE)

<https://care.ucdavis.edu>

Confidential resource for any UCD student, staff, or faculty who has experienced sexual assault, intimate partner violence, stalking, and sexual harassment. CARE has offices both on the main Davis campus as well as UCD Health in Sacramento.

COUNSELING SERVICES

<https://shcs.ucdavis.edu/counseling-services>

Free, short-term confidential counseling for all UC Davis students. Counseling Services help students to realize their academic and personal goals. Meeting with a counselor can help students clarify issues, explore options, and cope more effectively.

EMPOWER YOLO

<https://empoweryolo.org>

24-hour crisis intervention, emergency shelter, confidential counseling, legal assistance, and other services for individuals and families affected by domestic violence, sexual assault, stalking, human trafficking, and child abuse.

WOMEN'S RESOURCES & RESEARCH CENTER (WRRC)

<https://wrrc.ucdavis.edu>

The Women's Resources and Research Center (WRRC) provides a place for students to learn about resources and educational programs that focus on gender equity and social justice. The WRRC is confidential per UC Davis policy.

LGBTQIA RESOURCE CENTER

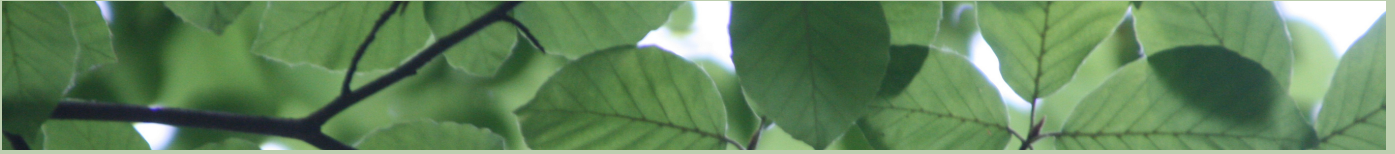
<https://lgbtqia.ucdavis.edu>

The purpose of the LGBTQIA Resource Center is to provide an open, safe, inclusive space and community. The LGBTQIARC promotes education as well as space for self-exploration about all sexes, genders and sexualities and their intersections with other identities. The LGBTQIARC is confidential per UC Davis policy.



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self care assessment



We created this assessment so you can take a look at your self care practices. Remember that it is ok to not be ok, and you don't always need to be happy but hopefully this give you the opportunity to figure out what you can change.

Rate the following areas according to how well you think you are doing:
3 = I do this well (e.g., frequently)
2 = I do this OK (e.g., occasionally)
1 = I barely or rarely do this
0 = I never do this
? = This never occurred to me

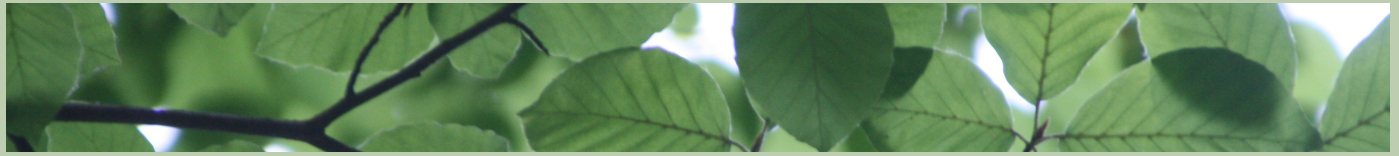
Physical Self-Care

- ___ Eat Regularly (e.g. breakfast, lunch, and dinner)
- ___ Eat healthily
- ___ Exercise
- ___ Get regular medical care for prevention
- ___ Get medical care when needed
- ___ Take time off when sick
- ___ Get massages
- ___ Dance, swim, walk, run, play sports, sing, or do some other fun physical activity
- ___ Take time to be sexual – with myself, with a partner
- ___ Get enough sleep
- ___ Wear clothes I like



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Psychological Self-Care

- ___ Take day trips or mini vacations
- ____ Make time away from phones, email, and the internet
- ____ Make time for self-reflection
- ____ Notice thoughts, belief, attitudes, feelings
- ____ Have personal psychotherapy
- ____ Write in a journal
- ____ Read literature that is unrelated to work
- ____ Do something at which I'm not an expert or in charge
- ____ Attend to minimizing stress in my life
- ____ Engage intelligence in a new area, e.g. go to an art show, sports event, theatre
- ____ Be curious
- ____ Say no to extra responsibilities sometimes

Emotional Self-Care

- ___ Stay in contact with important people in my life
- ___ Give myself affirmations, praise myself
- ___ Notice thoughts, belief, attitudes, feelings
- ___ Have personal psychotherapy
- ___ Write in a journal
- ___ Read literature that is unrelated to work
- ___ Do something at which I'm not an expert or in charge
- ___ Attend to minimizing stress in my life
- ___ Engage intelligence in a new area, e.g. go to an art show, sports event, theatre
- ___ Be curious
- ___ Say no to extra responsibilities sometimes

Once you are finished, look for patterns in your responses. Are you more active in some areas of self-care but ignore others? Are there items on the list that make you think, "I would never do that"? Listen to your inner responses, your internal dialogue of self-care, and make yourself a priority.

SUPPORTING

Domestic Violence Survivors

It can be very hard for a survivor to talk about their experience. The fact that they are telling you specifically shows that they trust you. Make sure you acknowledge the difficulty of disclosing and thank them for trusting you.

Remind them it is not their fault and challenge statements of self-blame. Survivors may blame themselves for the abuse. Reinforce that they deserve to be treated with respect and that they are not responsible for the actions of the abuser.


"This is not
your fault."



HEALTHY RELATIONSHIP REMINDERS

DVAM 2020

1. Respect your partners' boundaries & set your own
2. Share your needs & listen to your partners' needs
3. Be respectful and open to compromise during conflicts
4. Always ask for consent
5. Support your partner & tell them when you need support
6. Make trust a central part of your relationship
7. Celebrate your partner and their unique qualities



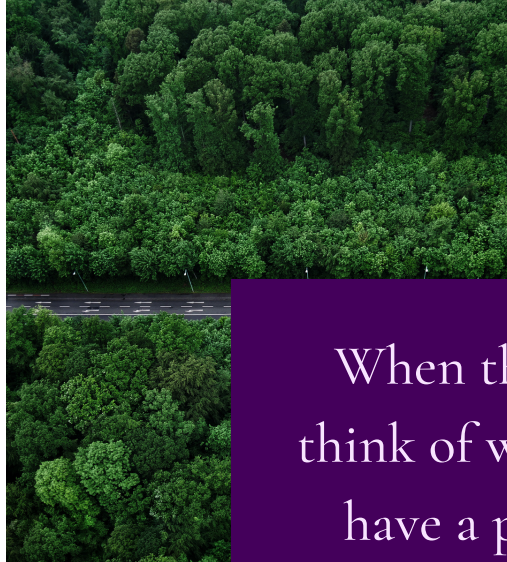
fill each brick with
something that is
comforting to you



MENTAL NOTE:

trust your journey.

no matter how many
detours we take or
delays we encounter,
we will always be led
back to where we're
meant to be.



When things get tough, it is very hard to think of what to do for yourself. It is best to have a plan ready for when you need it.

1. Make a list of what to do when you are upset that will be good for you (i.e. Big List of Self-Care)

a. What will help me relax? (examples: breathing, music, reading for fun, exercising, taking a walk)

[Empty light purple box for writing answers to question a.]

b. What do I like to do when I'm in a good mood? List all the things you like to do so you can remember what they are when you need to think of something to do.

[Empty white box with a purple border for writing answers to question b.]

c. What can I do that will help me throughout the day? (Examples: avoid too much caffeine if feeling anxious, watch my thoughts, stay in the moment).

[Empty light purple box for writing answers to question c.]



2. Make a list of people you can contact if you need support or a distraction.

- a. Divide the list of people into categories by asking yourself the following questions:
- Who can I call if I'm feeling depressed or anxious?
 - Who can I call if I'm lonely?
 - Who will come over to be with me if I need company?
 - Who will listen?
 - Who will encourage me to get out of the house and do something fun?
 - Who will remind me to follow my self-care plan?

3. Next, make a list of positive things to say to yourself when you are giving yourself a hard time:

Example: "I can't get all this done, I should drop out." CHANGE to: "I will develop a schedule and make a list so that I can get all this done." "I can check with other students for ideas." "I can get some feedback from the professors that might help me do the assignments."



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The impact can be profound whether you are a community member learning more about the dynamics of domestic violence, someone attending an event during Domestic Violence Awareness Month, or a friend providing support to a survivor. While we encourage everyone to do what they can to participate in DVAM, we also acknowledge that everyone has limitations. As you play your part this October, please practice self-care. We hope this self-care content gave you some new ideas of how to care for yourself.