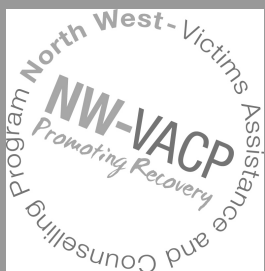


Self Care

After traumatic events it is normal to experience a time of emotional, physical, and social reactions. During these times it is important that we care for ourselves. Some things that might help the recovery process include:

- ◆ Consulting your doctor.
- ◆ Engaging in physical activity.
- ◆ Keeping regular contact with people you like to be with.
- ◆ Eating well.
- ◆ Talking about your feelings with friends or a counsellor.
- ◆ Having a massage or perhaps exploring other therapies such as acupuncture, yoga or a martial art.
- ◆ Resting to allow your body to recover.
- ◆ Keeping a journal of your thoughts and feelings.
- ◆ Allowing yourself to feel the pain and the anger and finding healthy ways to assertively express them.
- ◆ Participating in activities that you enjoy, meet with friends, or join a group.
- ◆ Allowing time for yourself.
- ◆ Taking the dog for a walk.
- ◆ Listening to relaxation tapes or music (your local library should have these).
- ◆ Structuring your days and keeping to normal routines.
- ◆ Trying to avoid using increased amounts of alcohol, cigarettes, or other drugs.
- ◆ Accepting that it will take time.
- ◆ Trying to be kind to yourself.



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