

A large, abstract, light purple swirl graphic that starts from the top left, loops around, and extends towards the bottom right, framing the text.

Information Guide on Self-Care

Eating well

Eating a healthy diet can help give your body the nutrients it needs to function. Here are some tips for eating well;

- Eat a healthy breakfast.
- Avoid snacking between meals or stick with healthy snacks such as fruit or nuts.
- Plan ahead- make several portions of healthy food at a time which you can then freeze for times when you are busy.
- Put the fun back into your cooking- experiment with new recipes or foods.
- Turn off the television while you eat and really be mindful about what you are eating, its textures and tastes.
- Invite a friend around to eat with you.
- Listen to your body – stop when you feel full.
- Try growing your own fruit, vegetables or herbs.

What is self-care?

Self-care essentially means the different ways you can look after your own mental health and well being. It is important that you practise self-care and listen to what your mind and body may need.

Self-Care includes all aspects of our well being.

- For example, it is important to look after your emotional needs as this will help you to connect, process and reflect on your emotions.
- Looking after your physical health is also practising self-care as it ensures your body is getting the things it needs.
- Physical self-care means doing things to improve the well-being of your physical health.
- Spiritual self-care and nurturing your spirit, doesn't have to involve religion. It's about doing things that feed your soul.

It is important to note that self-care is different for everyone, so what works for someone else may not work for you and vice versa. Try to identify what works for you.

Exercise

Exercise can help to boost your mood and improve your mental wellbeing as it can give you more energy and a more positive outlook for dealing with everyday life and life's challenges. Different people might prefer different types of activity and may prefer to do this in a team, with a friend or on their own. There are small changes you can make to everyday which can help your fitness levels which don't take much time, effort or organisation.

If you are at home you can;

- Walk around whilst you are on the telephone.
- Do some energetic housework and gardening.
- Use TV ad breaks to get up and stretch/do a chore.
- Park the car a little further away when going to supermarket.

If you work in an office;

- Park your car a little further away from work.
- Get off the bus stop or train a stop earlier.
- Walk up the stairs rather than using a lift.
- Enjoy a walk during your lunch break.

Sleeping well

After experiencing a traumatic event, you may struggle to fall asleep and stay asleep, which in turn can affect your physical and mental health.

Some tips for a better nights sleep:

- Don't panic if you can't sleep or put pressure on yourself, this just creates more anxiety, there is nothing wrong with getting up and going back to bed when you feel sleepy.
- Wind down and try to switch off TV/mobiles at least 30 minutes before you go to bed.
- Make yourself a warm, milky drink.
- Make sure the temperature in your room is not too hot or cold.
- Some people find taking natural herbs supplements/teas can help.
- Do a meditation or relaxation exercise before you go to bed.
- Having a 'bedtime routine' can help, so your mind and body are preparing for sleep.

Self-soothing and comforting yourself

Think about ways you may make yourself feel better.

Think about what things do you like or find comforting.

For example:



You could have a
bath with bubbles
and candles



You could make
a hot drink



Wrap yourself in
a cuddly blanket



Watch your
favourite film or
TV show



Seeing a loved
one or friend



Write a daily
comfort diary



Listening to
music



Go for a walk



Meditate or
practise
mindfulness



Arts and
crafts



Have a nap or
go to sleep
early



Cuddle a pet



Tidy your space
e.g. bedroom,
living room



Aromatherapy



Have your
favourite meal

Grounding exercise

It may help to practise grounding exercises to help you feel more present in the environment. A very simple, yet effective technique involves focusing on your senses. You could do this in your head, out loud or write it down.

5

Name 5 things you can see

4

Name 4 things you can touch

3

Name 3 things you can hear

2

Name 2 things you can smell

1

Name 1 thing you can taste

Further support and information

RASAC provides further information via our website and helpline service which can be contacted via calling or email | 0300 303 4787 | www.rasac.co.uk | helpline@rasac.co.uk

Rape Crisis England and Wales | 0808 500 2222 | 24/7 Support line | www.rapecrisis.org.uk | Live chat via their website

NHS Talking Therapies | 01484 343700 | www.southwestyorkshire.nhs.uk/services/iapt-kirklees/

MIND | 08457660163 | www.mind.org.uk/

Rape and Sexual Abuse Centre Kirklees, Calderdale and Wakefield

PO Box 230
Huddersfield
HD1 5UY

Helpline: 0300 303 4787

Websites: www.rasac.co.uk

Email: helpline@rasac.co.uk

