



# Survivor's Self Care Guide

Domestic Violence Awareness





## *Message to survivors*

Self care can be challenging especially if you are not used to being able to take care of yourself. This is a self-care guide with a variety activities.

It is important for survivors to have a moment where they can care for themselves. Self-care is well deserved and needed for survivors.

You are not alone and help is available.

For resources please see last page of this guide!



# Things to consider...

Seek help! (friends, family, neighbors, etc.)

Document everything

Plan out what you need to take with you

Set a date to leave and tell someone you trust

Leave quietly

Contact victim services or a shelter

Seek legal representation.





# How to document incidents



Stress can often cause us to forget details of these moments. It is helpful to document incidents for reporting purposes, to insure you are getting all of the help you need. Here is a simple way of key things to keep track of in the case of domestic violence.

Date	Time	What happened?	Who did you tell?	Evidence Collected



# Things to consider after leaving...

Set up a post office box or safe address

Sell/pawn small valuables, if needed

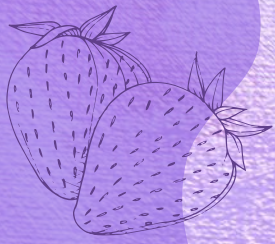
Change passwords and login information

File for divorce or custody, if married

Seek mental health counseling







# What can you do for your mental and physical health?

## Mindful eating on a college budget:

- **Eating in versus eating out - Saves money!** The same amount of money spent on one meal can be spent on groceries that could add up to 2-3 meals.
- **Utilize frozen vegetables and fruits -** This saves storage on the counter and in your refrigerator. You can buy in bulk to keep for when you need it. (Keep in mind some produce are better to keep frozen than others (ones with more moisture may be soggy after defrosting)).
- **Smoothies -** A good option for staying healthy and curbing hunger. Fruits are usually cheap and can also be frozen for longterm, convenient storage.
- **Protein shakes -** While these can't replace your meal completely, they can provide a way to hold you over before you eat, just like smoothies.
- **Prepare meal plans -** Doing this every weekend before your school week starts, saves a lot of time during the week, especially if you're running late to class or work.







## Stretching Techniques

### Happy Baby

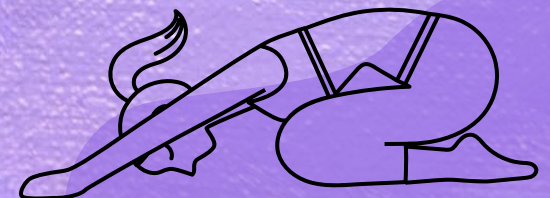
The benefit of this stretch is that it will help open your hips, which is a common reason for a tight back. The hips hold a lot of emotional stress so doing this can help relieve some emotions that are being held in.

Lying on your back, lift your knees toward your chest. Grab the bottoms of each foot with your hands and pull your knees toward your chest and armpits.

### Child's Pose

This stretch is also good for stretching your hips, but also your neck and back muscles. This is a simple way to regulate your blood flow and relieve tension from average daily movements.

Kneel on the floor. Bring your feet together and open your knees to create a V shape. Sit back, keeping your butt on or reaching toward your heels, and walk your hands in front of you so that your chest lowers to the ground. Breathe deeply through your diaphragm.







# Mindfulness and Breathing

## 4-4-4 Breathing Technique

Close your eyes and then breathe in through your nose while counting to 4 slowly. Hold your breath while counting slowly to four, trying to keep your face relaxed. Slowly exhale for 4 seconds.

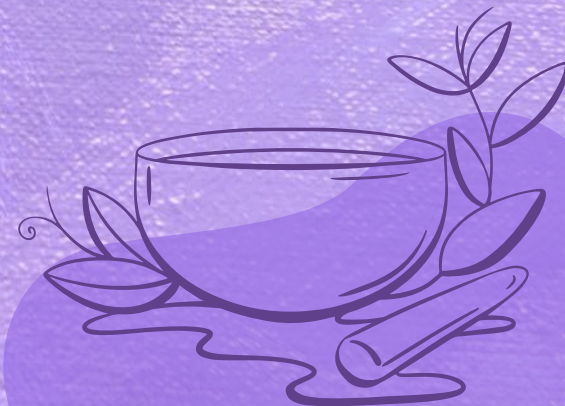
Repeat steps at least three times.

## The 5-4-3-2-1 mindfulness activity:

You will slowly breathe in through your nose and out through your mouth while bringing awareness to.

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Practice this grounding exercise that brings you back to this moment







## Hear

Listen to music

Play an audiobook

Sit outside and listen to nature

## See

Read a book

Look at photos of loved ones

Watch tv/movie/video

Activating all of your senses, or at least a couple of them, helps reduce anxiety and stress. It creates this grounded feeling that you might be looking for in times of need.

## Taste

Eat something

Make tea

Chew gum/eat a mint

*dear your mind*

## Feel

Take a bath/go swimming

Hold a pet or item you love

Sit outside in the sun

## Smell

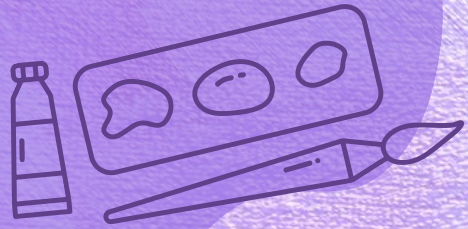
Use a candle/diffuser

Use essential oils

Find some flowers in a park









# Coloring Pages

Doing art is a known stress reliever and can help clear your mind during stressful times. Clearing your mind helps your body relax and releases tensions as well.

The next section includes coloring pages that were made by people in support of survivor's healing process. There are many ways to heal and it is never a quick process, but this is a great way to start.







I AM  
BRAVE

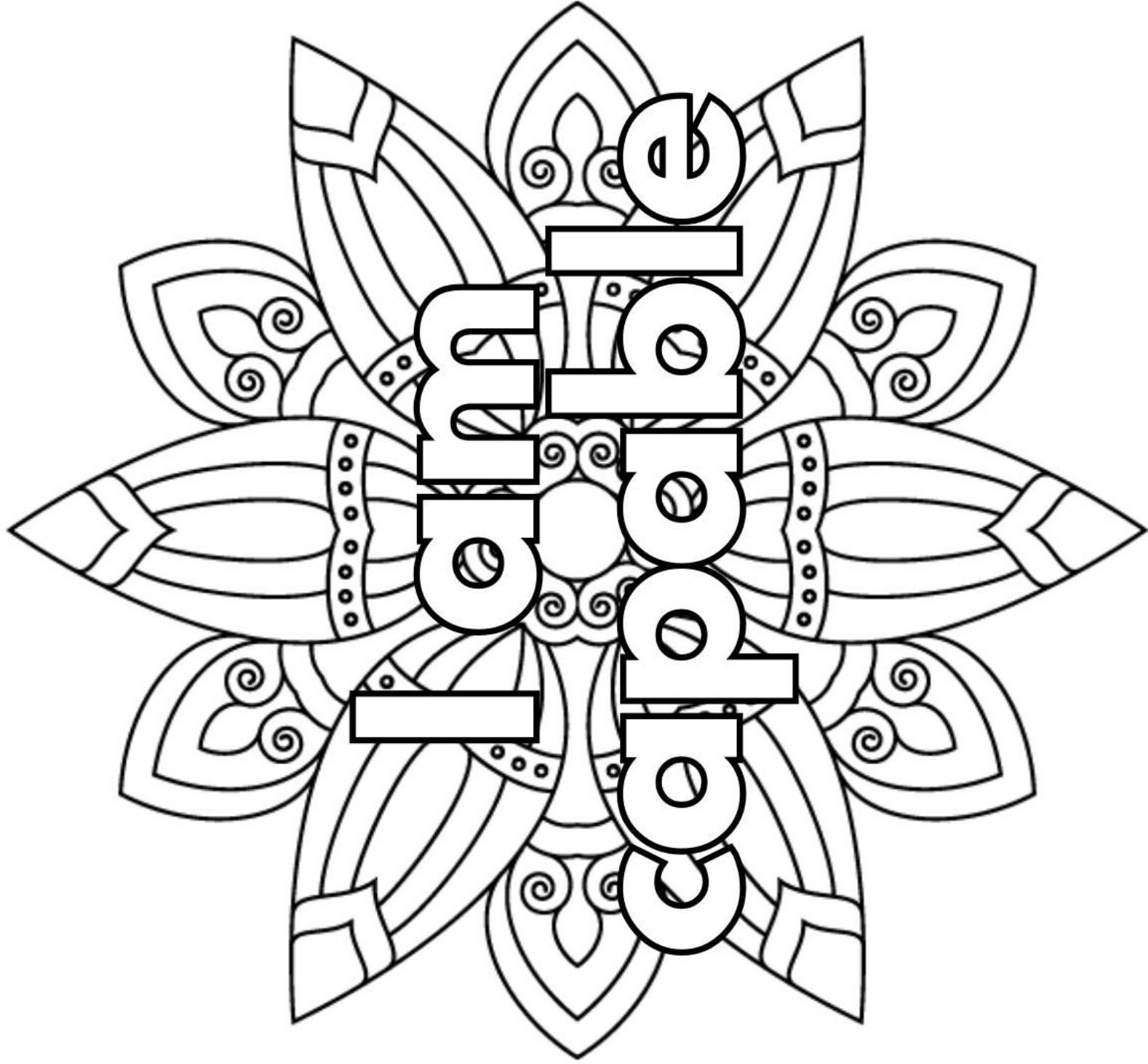


I choose to  
*forgive*  
myself

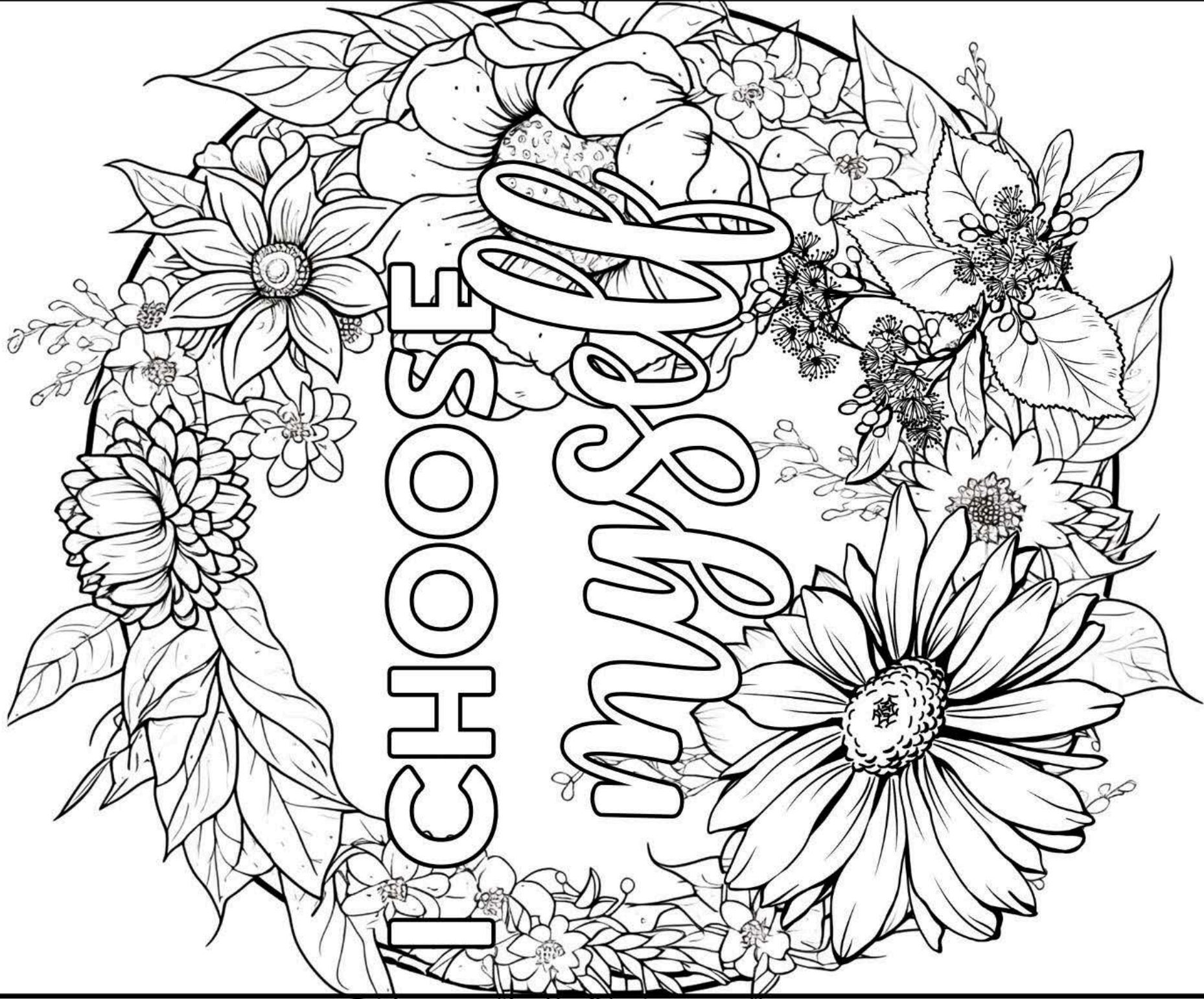














# Resources

## **Victim Services**

*Provides assistance through criminal and university processes. Connects individuals to on and off campuses resources.*

561-297-4841

561-297-0500 (24 number, ask for an advocate)

[www.fau.edu/dean/victimservices](http://www.fau.edu/dean/victimservices)

[www.fau.edu/police/victim services](http://www.fau.edu/police/victim%20services)

## **Dean of Students**

*Provides options to report, information on the student conduct process and referrals*

561-297-3542

[www.fau.edu/dean](http://www.fau.edu/dean)

## **Florida Atlantic Police**

*Provides emergency services; offers options to report a crime, and referrals for off campus evidence gathering*

561-297-3500

[www.fau.edu/police](http://www.fau.edu/police)

## **Office of Civil Rights and Title IX**

*Provides resources and investigates allegations of discrimination and harassment*

561-297-3004

<https://www.fau.edu/ocr9/>

## **Counseling and Psychological Services (confidential)**

*Offers counseling (individual and group), psychiatric services and referral coordination*

561-297-2277

[www.fau.edu/counseling](http://www.fau.edu/counseling)

## **Student Health Services (confidential)**

*Offers STI testing, HPV vaccine, emergency contraception and pregnancy testing*

561-297-3512

[www.fau.edu/shs](http://www.fau.edu/shs)