

Self Care Checklist

for the first few days after an assault

- ✓ Find a space where you feel safe and comforted
- ✓ Sleep and Rest
- ✓ Eat and Hydrate
- ✓ Avoid Substance Use (including alcohol)
- ✓ Exercise (runs, walks, climbs, whatever)
- ✓ Consider getting a medical check (ideally by staff trained in sexual trauma)
- ✓ Consider writing down your memories as they come back to you
- ✓ Be kind to yourself
- ✓ Give yourself time
- ✓ Consider telling someone that you trust who will believe and support you