

help with feeling overwhelmed



- • Try to rest a bit more
- • Contact friends
- • Have someone stay with you for at least a few hours (when the effects of trauma are stronger)
- • Try to eat good food regularly
- • Recurring thoughts, dreams or flashbacks are normal – don't try to fight them. They will decrease over time and become less painful
- • Try to get back to a normal routine when you can
- • Some physical activity – e.g. going for a walk – may be helpful
- • Keep yourself occupied
- • Notice and respect your feelings
- • Talk to people who care about you (or pets)
- • Self care.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

• • Here is a list of some things that people have found helpful.

• • Noticing what helps – and what doesn't – is an important step in healing.

• • Use this sheet to add more coping and self care strategies that work for you as you discover them.



WestCASA

Western Region Centre
Against Sexual Assault
53 Ballarat Road, Footscray

Counselling Service:
9687 5811

www.westcasa.org.au