



EMPOWERING WOMEN TO RECLAIM THEIR STRENGTH AFTER
EXPERIENCING DOMESTIC ABUSE

Self-Care Tips

The sense of relief and joy survivors experience after escaping an abusive relationship can be short-lived, as we then have to navigate things like co-parenting, sorting out finances, and what can be many other matters.

Self-care is essential in managing the chaos and unpredictability that often makes it challenging to parent, work or simply function day-to-day.

Below are some self-care strategies that I have found helpful during my journey:

Hydrate

Drinking water or herbal tea has a positive impact on energy levels, helping us feel more awake and capable of accomplishing things.

Take Deep Breaths

Taking deep breaths helps us stay grounded. Make it a point to do this regularly. A former yoga teacher once said that we can transform our lives through our breath, and I've discovered the truth in this simple yet very powerful practice.

Walk

Physical movement, such as walking, helps alleviate stress. After a brisk walk, you will find yourself in a clearer, more focused mental space, feeling better equipped to cope with life's challenges.

Set Goals

Focusing on personal goals helps manage the frustration of things beyond your control. Working towards your goals, even small ones, brings a sense of purpose and enables you to maintain a positive outlook, which benefits both yourself and others around you.

Make To-Do Lists

Survivors of domestic violence, especially those who are co-parenting, often feel like they're constantly working hard just to keep up. A daily to-do list, even for small tasks, can provide a sense of achievement and control.

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Facebook: www.facebook.com/groups/828818179078702

Instagram: [@A_New_You_DA](https://www.instagram.com/A_New_You_DA)

michelle@anewyou.club



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Create Self-Affirmations

Developing a list of self-affirmations can be profoundly healing and serve as a reminder of your strength. Affirmations to use can include: "I am a survivor," "I am compassionate," "I am resilient," and "I deserve love and respect."

Acknowledge Your Progress

Recognising the areas where you've regained control in your life is empowering. For example, you now have the freedom to choose your clothes, eat what you want, and make new friendships: these simple things can bring great joy.

Write

Though writing doesn't always come easily, and thoughts often feel foggy after leaving an abusive relationship, putting them down on paper helps ease the emotional weight you carry. It's a therapeutic way to process your feelings.

Join a Support Group

Connecting with others through groups like this who have had similar experiences can be incredibly helpful.

Help Others

As a survivor, in time, you will start to feel grateful for a second chance at life. When you're ready, sharing your experiences and supporting others who are trying to escape domestic abuse can be incredibly rewarding.

These self-care strategies have played a significant role in my recovery. They are simple, accessible, and depend only on your commitment.

We all possess the inner strength and resources to practice self-care, and we all deserve to reap its benefits.

Sending you love, Michelle xx ❤️

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