SELF-CARE

Leaving a relationship in which you have been abused and going through the family court system are both very stressful. Self-care during this time of your life is important and can have a positive impact on your healing process and energy as you move forward. The next several pages will walk you through the process of developing your own self-care plan. This is a long-term plan for reducing your stress and honouring your mind, body and spirit.

In the following chart, check the self-care strategies that you are already following, want to try or have decided may not be for you. You can use this list as a guide to develop your own self-care plan on the pages that follow.

CHECKLIST SELF-CARE	Already doing	Will give it a tr	rme	
EMOTIONAL / SPIRITUAL	Alread	Will gi	Not for me	
Find ways to praise myself every day.				
Ask for help when I need it.				
Build time for self-reflection into my day, even if it is just five minutes.				
Let myself cry.				
Find a reason to smile or laugh every day.				
Make sure to have some quiet time every day.				
Listen to the kind thoughts I tell myself and believe what I hea	ar. 🗆			
Be creative – draw, paint, write or cook.				1123
Spend time in nature.				W) ()
Explore my spirituality.				
Read inspirational books.				D)

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SELF-CARE

	Already doing i	Will give it a try	Not for me	NOTES	SELF-CARE
SOCIAL	Alre	Will	Not	NOTES	
Make new friends with people who value me for who I am and who make me feel good about who I am.					
Build a small group of friends with whom I feel safe sharing my story.					
Know how to say no and set boundaries.					
Find new interests that let me meet new people.					
Do something every week that I feel passionate about and that brings me joy.					
Volunteer or join a cause.					
FINANCIAL					
Set up my own bank account at a different financial institution from where my ex-partner banks.					
Get a credit card in my name only.					
Establish a budget for my family's regular expenses.					
Put money every week/month into a "treat" fund, even if it is only a few dollars at a time.					
WORKPLACE / WORK AT HOME					
Find purpose and meaning in my work.					
Maintain work-life balance.					
Have positive relationships with co-workers.					
Use boundaries to protect myself.					
PSYCHOLOGICAL					
Understand that grieving is a healthy part of the journey I am on.					
Give myself permission to feel angry.					
Get professional help when I need it.					
Build balance into my life.					

NOTES	PSYCHOLOGICAL CONTINUED	Already doing it	Will give it a try	Not for me
	Actively work to reduce stress in my life.			
	Learn about woman abuse and how to heal.			
	Attend counselling or a women's group to help with my healing.			
	Focus on what I am grateful for.			
	Write in a journal.			
	WHEN THE CHILDREN ARE WITH THEIR FATHER			
	Book extra shifts at work.			
	Take the time to visit my family.			
	Invite friends over.			
	Cook a complicated meal.			
	Cook meals ahead and put them in the freezer.			
	Go to the movies, with friends or alone.			
	Visit out-of-town friends.			
	Clean out some closets.			
	Organize all my old photos.			
	Spend a whole day reading a book.			
	Do something I have always wanted to do.			
	WHEN I HAVE A COURT DATE			
	Find a quiet space to breathe.			
	Find something to focus on to help me tune out negativity (a picture, a nice pair of shoes, a stone, etc.).			
	Access support (counselling, friends, family).			
	Plan some self-care activities when court is over.			