

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		
EMOTIONAL / SPIRITUAL	Already doing it	Will give it a try	Not for me
Find ways to praise myself every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask for help when I need it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Build time for self-reflection into my day, even if it is just five minutes.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Let myself cry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Find a reason to smile or laugh every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make sure to have some quiet time every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to the kind thoughts I tell myself and believe what I hear.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be creative – draw, paint, write or cook.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spend time in nature.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explore my spirituality.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read inspirational books.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



SOCIAL

Already doing it
Will give it a try
Not for me

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.

