



Starting a self-healing journey

For Domestic Abuse survivors

The physical and/or emotional trauma from domestic abuse can have a long impact in your life. You have most probably tried your best to make things work out. The abuser may have been someone that you loved and cared for.

The way you view other relationships or new partners could be filled with insecurities. You may come face to face with low self-confidence and lack love for yourself on a daily basis.

How can you heal from this experience?

This guide helps you to approach your self-healing journey and understand what kind of techniques you may wish to use and why.

Journaling



Writing how you feel on a piece of paper can make you feel less burdened by your worries. It can help you reflect on your thoughts, feelings and the situation you are in.

Dedicating even just 5 minutes every day to think about how you feel physically and mentally can do a lot for emotional wellbeing.

There are many ways you can start this:

- Buy yourself a diary dedicated just for journaling or use an app
- Schedule a time during the day or night when you can be by yourself to reflect on your feelings



- Use colouring pens, felt tips or washi tapes and stickers to get creative over your journal spreads – there are many ways to express yourself and this does not have to be in written words only
- Speak to someone close to you about your journaling process and maybe try this together! It will be motivating and encourage you both to address any concerns or worries you have been building up

Physical and mental health

You don't have to pay for classes or equipment, enrol to gyms or even go outside regularly for this. There are many online resources that you can use for free. Professionals post full workout videos, yoga and meditation audios as well as tips on how to get started.



Practicing relaxation techniques can help you get rid of frustrations and set goals for a healthy and balanced lifestyle. You have full control over your body and your actions. You can achieve your goals and celebrate how far you have come!

Even small steps will mean a lot when you are doing it for your own well-being. We all need to start somewhere - it is never too late to look after your health.



Support systems



Your support system should be made up of people that care, respect and listen to you.

This could be a family member, a close friend or a work colleague.

You may find yourself without a support system because the previous abuse cut you off from your family and friends. You could be completely isolated.

There are ways you can rebuild the system around you:

- Look into local support groups for those that went through domestic abuse – you can talk to others that experienced similar situations as you
- Get involved in charity work for causes that you feel passionate for – this can be rewarding and make your time worth spending over worthy foundations
- Enrol in classes or learn new skills such as a form of self-defence or art lessons which can help you meet new friends and have fun discovering new hobbies