



Protecting your Mental Health

It's normal to feel fear and to avoid situations that make you feel frightened or anxious, especially after you experience violence. You can learn to feel less fearful and to cope with this anxiety, so that it doesn't stop you from living your life.

1

Start Small: Set small, achievable goals for facing your fears

Step out to safe spaces that are familiar to you.

Plan a short walk with a trusted friend, partner, or someone who can provide comfort and support.

Set short time limits for leaving your home, and increase time spent outside as you become more comfortable.

2

Lean on your support system



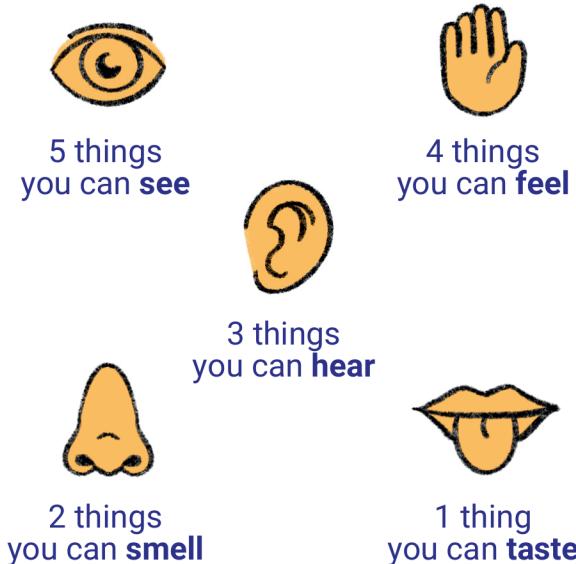
Talk to a trusted friend, family, or community member about how you're feeling, so you feel supported emotionally.

3

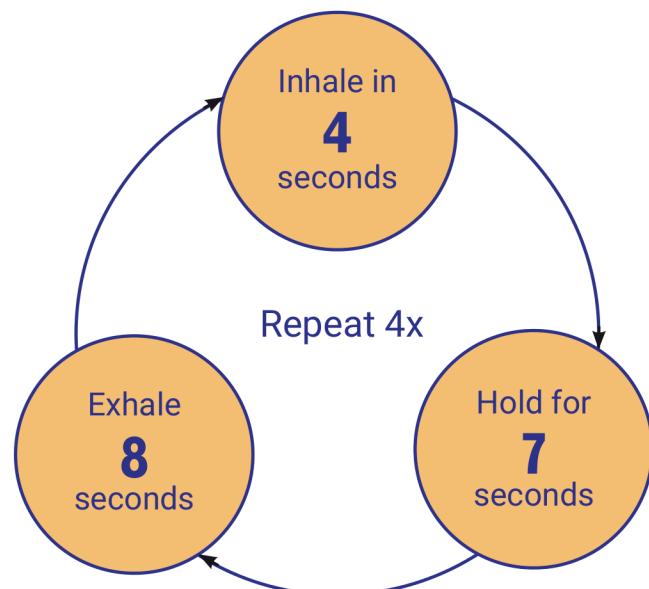
Explore grounding techniques:

These techniques help you manage your emotions and restore your sense of control during moments of intense stress or anxiety

5-4-3-2-1 Grounding Technique



4-7-8 Breathing



Listen attentively to music

Listen to your favorite song or one that holds special meaning to you without doing anything else.



Take a moment to connect with your thoughts, emotions, and physical sensations in your body as the music unfolds.

When you pay attention to your mind and body, you calm yourself by concentrating only on what you're sensing in the present moment.