

Safe Nest Kenya

Self-Care Guide

Practical Self-Care Tips for Survivors of Gender-Based Violence

Introduction

Self-care is an essential part of healing after experiencing gender-based violence (GBV). It supports survivors in reclaiming power, dignity, and emotional well-being. This guide offers practical, compassionate tips to help you recover and take back control—at your own pace.

Emotional Self-Care

Your feelings are valid. Nurture your emotional health with small but powerful steps.

- Talk to someone you trust or a trained counselor
- Journal your emotions—without censoring yourself
- Practice grounding techniques (e.g., “5-4-3-2-1” sensory check-in)
- Cry, laugh, rest—whatever you need is okay
- Affirm yourself daily (e.g., “I am worthy. I am healing.”)

Physical Self-Care

Your body has been through a lot. It deserves rest, nourishment, and care.

- Prioritize sleep and rest
- Eat regularly, even in small amounts
- Stay hydrated and avoid substances that numb or harm
- Stretch or move gently (walk, yoga, dance)
- Schedule a medical check-up if needed

Psychological Self-Care

Protect your peace of mind and rebuild inner safety.

- Avoid triggers where possible (people, places, content)
- Set boundaries—even with loved ones

- Recognize and challenge negative self-talk
- Engage in therapy or support groups if accessible
- Take breaks from stressful decisions or environments

Creative and Spiritual Outlets

Art, nature, and spirituality can offer comfort beyond words.

- Try coloring, painting, crafting, or writing
- Read poetry or stories that empower you
- Spend time outdoors—sunlight and air can lift your mood
- Meditate or practice mindfulness
- Connect to your faith or spiritual beliefs if helpful

Digital and Media Hygiene

What you see and hear online affects your healing.

- Unfollow or block triggering social media accounts
- Limit news intake or disturbing content
- Follow survivor-led pages or wellness accounts
- Take regular screen breaks
- Avoid late-night scrolling—it disrupts sleep and mood

Connecting with Others

You are not alone. Safe relationships can be powerful for healing.

- Join a local or virtual survivor support group
- Share your story (only when ready and safe)
- Let friends know how they can support you
- Attend healing circles or community wellness events
- Seek peer mentors who've walked similar paths

Final Thoughts

Self-care is not indulgence—it is survival.

Go at your own pace. Some days will be hard. That's okay.

You are not broken. You are healing.

You are not alone. You are seen. You are enough.

Safe Nest Kenya walks with you—today and every day.

Need Help Now?

Safe Nest Kenya

- *Call/Text:* +254 705682047
- *Email:* safenestkenya@example.org
- *Instagram/Facebook:* @SafeNestKenya
- *Location:* Kisumu, Kenya

National	GBV	Hotline	(Kenya):	1195
Free, confidential, 24/7 support and referrals				