

Self-Love

“To engage in self-care is the ultimate counterbalance to the way in which sexual trauma attempts to steal agency, autonomy, vitality, and sacredness.”

“Healing is a practice. Give yourself permission to start small with your self-care. Start anew. Start wherever you are. Start by saying hello to the trauma scar.”

“Self-care after trauma is a reparative act of embodied justice and there is no “right way” to practice self-care.”

Health Self-Love Practices:

- Surround yourself with people who make you happy
- Stop comparing yourself to others
- Ask for help and support when you need it
- Prioritize self-care
 - Movement, mindfulness, hobbies/fun, good sleep, nutrition
- Set frequent and healthy boundaries
- Learn to forgive yourself