

Self-Care Is Part of Healing

Self-care means making time, on purpose, to care for your mind, body, and spirit. For survivors, it isn't a luxury. Small, steady steps can lift your mood, ease stress and worry, and help you reconnect with yourself and the people who matter to you.



Senses

Calm your body through what you see, hear, and feel.

- Sit outside and notice the sounds and colors around you
- Sip a warm cup of chai or tea, slowly
- Play music that reminds you of home
- Breathe in for four counts, then out for six



Joy

Make room for the things that make you smile.

- Cook a favorite dish from your childhood
- Watch a movie or show in your own language
- Try mehndi, rangoli, drawing, or another art you love
- Explore a park or neighborhood near you



Mind

Build confidence by learning or finishing something.

- Make a short list of small, doable tasks
- Join an English (ESOL) or computer class
- Read about a topic that interests you
- Try a puzzle, crossword, or word game



Spirit

Connect with your faith, values, and sense of meaning.

- Pray or meditate in the way that feels right to you
- Visit a place of worship or a spiritual gathering
- Read words that comfort or inspire you
- Write down three things you are grateful for



Body

Release stress by moving and resting your body.

- Take a walk, alone or with a friend
- Try gentle yoga or stretching
- Dance to your favorite songs at home
- Rest and sleep when your body needs it



Connection

You are not alone. Lean on people you trust.

- Call a trusted friend or relative, here or abroad
- Join a Saheli wellness support group
- Share tea or a meal with someone who makes you feel safe
- Look for community events and classes nearby

 **Your privacy matters.** If you keep a journal or use self-care apps, store them where only you can see them.

Healing takes time, and you don't have to do it alone.

Saheli offers free, confidential support in your language, including wellness support groups.

 **1-866-472-4354**