selfCARE STRATEGIES

distraction
- absorb your mind in something else
- for short term relief
- break from heart & mind
- gets you through crisis
- doesn't address underlying issues
- unsustainable strategy for long periods of time

grounding
- get out of your head and tap into your physical senses
- reduces physicality of anxiety and strong emotions
- slows disassociation (feeling numb, floaty, disconnected)
- sometimes it is best to stay a bit disassociated

emotional release
- give yourself space to let it all out
- best for anger & fear
- releases pressure and overwhelming emotion
- difficult to do for every life situation
- not sustainable for long periods of time

self-love
- become your own best friend
- build an inner support system
- self-compassion leads to an increased resilience and decreased stress
- very difficult to achieve
- may at times feel superficial

thought challenge
- take some time to think about it
- may help shift long-term negative thinking habits
- thinking logically can help reduce extreme emotion
- this is harder to do when facing stronger emotions
- difficult to practice when addressing guilt and/or shame

life purpose
- tap into what nurtures your soul
- reminder that everyone is valuable
- life purpose can be found in many different ways
- may get stuck on focusing on saving everyone else
- never lose sight of your own importance

things to consider
- • for short term relief
- • break from heart & mind
- • gets you through crisis
- • doesn’t address underlying issues
- • unsustainable strategy for long periods of time

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