

| Key Points

- Our bodies and our health can be affected by abuse and trauma in different ways; direct injuries, the effect of stress, the ways we have coped with this stress, not being comfortable getting help from medical services and not seeing taking care of ourselves as something which is necessary. This is normal and understandable. But taking care of your body is an important first step in recovery.
- There is a wide range of emotional or mental health impacts of trauma and abuse. These include feelings or emotions which seem out of control (too much to manage) or that you are numb (the emotional rollercoaster), feeling low or depressed, experiencing flashbacks or intrusive images, feeling shut off or dissociated, high levels of shame, difficulties with relationships, feeling hopeless or despairing.

In addition, many people use coping strategies such as alcohol, drugs, self-harm, or food to manage their feelings, which although work in the short term often lead to other difficulties with your health and mental health. This course will help you learn other safer coping skills.

- Abuse and trauma often affects your relationships with other people, but in different ways for different survivors. Some people feel they are not worth looking after, so tend to take on other people's problems and ignore their own needs. Other people avoid relationships and would rather risk being lonely than risk being hurt.
Some feel desperate for connection and put up with more than is good for them, or try to control the people they are close to.
- Changing patterns of coping with things that have been part of your life for a long time is difficult. But this course is about trying some of these new ideas out and explaining why they might work. But everyone is different in what suits them and you may have to try a few things before you find something that suits you.

| Remember the 3 P's

1. **Preparation**
2. **Practice**
3. **Patience**

| Preparation

Take a minute to plan what you are going to try this week.

| Practice

Record what you managed to do (don't worry this doesn't have to be perfect, you don't need to tell anyone else about this- it is just for you).

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Practiced							
Comments							

| Patience

This is the hard one. Remember small steps.

If you are not safe, please talk to one of the facilitators or use your safety plan.