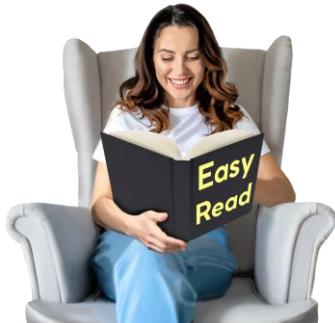




Foundations of Trauma-informed, Relationship- based Practice

Self-Care Guide
Easy Read



This is an easy read document.



When doing the trauma-informed, relationship-based practice course, you might learn things that make you feel:

- sad
- scared
- angry



When doing this course, it is important to:

- check how you feel
- take breaks
- practice **self-care**



Self-care means looking after yourself by doing things that help you feel happy and relaxed.

People practise self-care in lots of different ways.

There is no right or wrong way to do it.

It is about finding something that works for you.



This guide contains information to help with self-care recommended by the NHS and MIND.



There are 5 parts to this guide. They are also called **sections**.



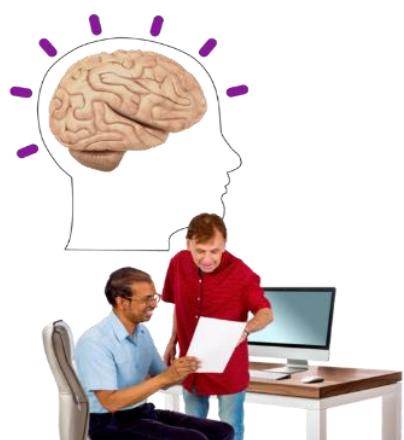
Section 1 will tell you about:

- connection
- the people around you



Section 2 will tell you about:

- taking notice of your feelings
- paying attention to your thoughts



Section 3 will tell you about:

- creating
- learning



Section 4 will tell you about:

- getting active



Section 5 will tell you about:

- giving
- working with others

1

Connection

We meet lots of different people in our lives who we might connect with.



We can have connections with:

- family
- friends
- neighbours
- people we work with



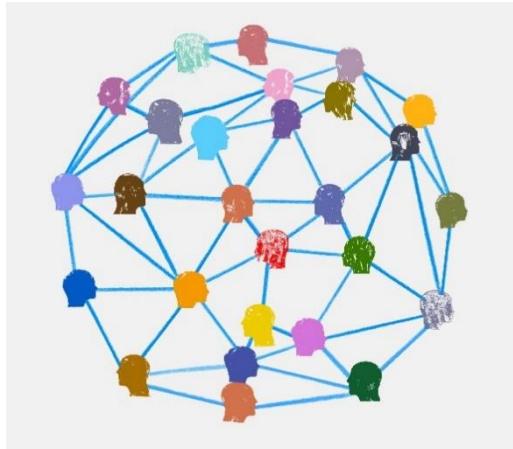
Thinking about people you are connected to can help when learning about trauma.

Thinking about connections can also help if you are supporting someone affected by trauma.



You can do this by making a relationship map.

[Building Your Support Network](#)



When your map is complete, keep it somewhere you can see it.

It will show you all the people you are connected to and who can help you.

2

Taking Notice



When we are busy it can be hard to take notice and think about ourselves.



Practising **mindfulness** can help with this.



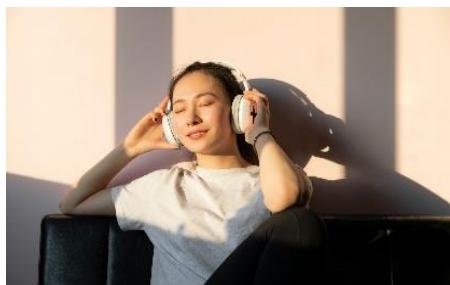
Mindfulness means paying attention to our thoughts, feelings and surroundings.



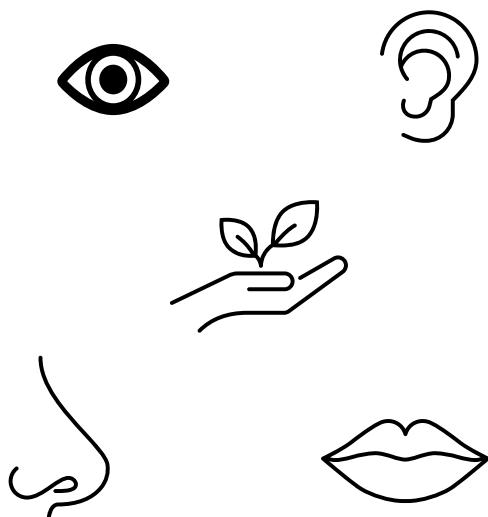
Mindfulness can include:



- thinking about things that make you happy
- looking at beautiful things
- noticing if things around you change
- listening to music



You can also practice mindfulness by taking deep breaths in and out.



While you do this think about:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel
- 2 things you can smell
- 1 thing you can taste



After doing this, think about yourself and whether anything has changed or feels different.

3

Creating and Learning



Being creative can help us to feel calm and slow down our thoughts.



You can be creative in lots of different ways including:

- drawing
- colouring
- painting
- doodling
- knitting
- making things



You do not have to be good at art to be creative.



It is about finding something fun that you enjoy.



You can find out more about being creative here:
<https://zentangle.com/>



Learning helps us to feel good and connect with other people.



It can also help us to cope with stress.



Writing a diary can help you to keep a track of what you learn.

It can be done in lots of different ways including:

- bullet points
- **mindmaps**
- drawings
- **collages**



A **mind map** is a picture of words that shows your learning.



A **collage** is a picture of images that shows your learning.



You can find out more about writing a learning diary here:
[reflective writing.](#)

4

Being Active



Being active can help reduce feelings of depression and anxiety.



You can be active in lots of different ways including:

- walking
- yoga
- swimming
- climbing
- playing sport
- team games





You can find out more
about getting active here:
[NHS physical exercise](#)

5

Giving



Giving can help us to feel good about ourselves.

We can give in lots of different ways including:

- doing something nice for someone like a friend or someone you know
- **volunteering** your time to do something with someone



Volunteering means doing something that helps someone.

Volunteering is unpaid and involves giving your time for free.



You can find out more about volunteering here:

<https://www.volunteerscotland.net/>



We hope you have found this guide helpful.



It is important to remember that self-care can be done in lots of different ways.

There is no right or wrong way to do it.



It is about finding something that works for you.



If you would like to speak to anyone for help, please see information below:

Helplines

Samaritans

Email: <https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/>

Tel: 116 123

Breathing Space

Email: <https://www.breathingspace.scot/>

Tel: 0800 83 85 87

Mind

Email: <https://www.mind.org.uk>

Tel: 0300 102 1234

NHS Mental Health Services

Email: <https://www.nhs.uk/nhs-services/mental-health-services/>

This Easy Read document was made in partnership with Disability Equality Scotland.

The images have come from ShutterStock, Photosymbols, YourSymbols and Canva.



We listen.



We care.



We love.

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