



Self-Care Tool Chest

Books: a new book, a book you have always wanted to read but never felt you had time for, your favorite childhood picture book, a fairytale. Reading is a tool we can use to grow in every stage of life and has its own set of healing properties, as well. Look through your shelves, pick up a library card or visit a bookstore to get started.

Things: pretty things, funny things, things that remind you who you are. A picture, a magnet, a special t-shirt, your favorite pen. Identify a few things you own that you love, and keep them close.

Nourishment: the fuel our bodies need to care for themselves. Water, tea, bananas, pretzels, cookies, or carrots. Whatever you choose to take in, do it with the knowledge that replenishing your energy is an act of love towards your body.

Feelings: allow yourself to fully experience whatever you need to feel. The more you feel, the more you can address and care for those feelings.

Music: play your favorite song on repeat. Make a playlist of all the music that makes you feel strong. Go into a coffee shop or a shopping mall and notice what they play over the speakers. Surround yourself with sounds you enjoy.

Movement: dance, walk, exercise, shake, stretch, or jump. Move your body in any way that you like. Do not be afraid to take up space!

Time: patience is the most meaningful gift you can offer yourself. Love and care take time to grow. Allow planned time from day to day that is your own. Talk to a friend or family member, meditate, journal, watch an episode of your favorite tv show, or take a nap. Anything you want! Your time is your own.

What will you add to your tool chest?















Self-care = getting help.

If you ever feel like you need help on your journey to recovery, resources are available to support you.

Alexandria Sexual Assault Hotline: 703.683.7273

Alexandria Domestic Violence Hotline: 703.746.4911

Community Service for Mental Health: 703.746.3400

Alexandria Police Department: 703.838.4444

Emergency: 911

Take Care,

