



EMOTIONAL SAFETY PLANNING

The experience of being abused and verbally degraded can be exhausting and emotionally draining. The process of surviving and building a new life requires much courage and incredible energy.

To conserve
emotional
energy

- Connect with appropriate counseling services, shelters, and family violence counselors.
- Become involved in community activities to reduce feelings of isolation.
- Take a part-time job to reduce isolation and to improve your finances.
- Enroll in school to increase your skills.
- Join support groups with other victims to gain support and strengthen your relationships with other people.
- Take time for yourself to read, meditate, play music, or do another activity that you enjoy.
- Spend time with people who make you feel good and provide support.
- Take part in social activities like movies, dinners and exercise.
- Take care of your sleep and nutritional needs.
- Keep relevant documents available and up to date to help you feel prepared for upcoming events, such as medical appointments;
- Keep a personal journal to write about your feelings, especially when you are feeling low or vulnerable. If you cannot keep it in a safe place then destroy it.
- Take time to prepare yourself emotionally before entering stressful situation like talking with your abuser, meeting with lawyers, or attending court.
- Try not overbook yourself – limit yourself to one appointment per day to reduce stress.
- Be creative and do whatever makes you feel good.
- Write something positive about yourself everyday – your own personal affirmations.
- Do not find your comfort in excessive use of alcohol or food – it only serves to increase your depression.
- Avoid excessive shopping and impulse buying.
- Join a health club or start an exercise program. It will increase your energy level and increase your sense of well being.
- Find positive and constructive ways to express your anger if you feel angry.
- Remember that you are the most important person to take care of right now.