



A Survivors Guide to Inspiration Advocacy Hope

Booklet created by OneEighty
Victim Services Team, Interns,
and Survivors

Note from the artist:
The dragonfly symbolizes
change, transformation,
adaptability, and self-realization.

Aliyah Stone



Dear Survivor,

You've made it so far.

With courage, determination, and strength of spirit you have survived the experience of domestic violence.

We at OneEighty understand the impact of having life disrupted by domestic violence, and we realize the substantial changes and difficulties it brings. Yet, healing on a multitude of levels is possible. We are here to support you as you continue your healing journey.

As you move through the stages of healing, our Victim Services team offers this booklet as a source of inspiration and resource materials. There are many opportunities to help end domestic violence and interventions to make our community safer. Whether you choose to advocate for change, or simply utilize the booklet's contents to find hope and peace, we wish you well.

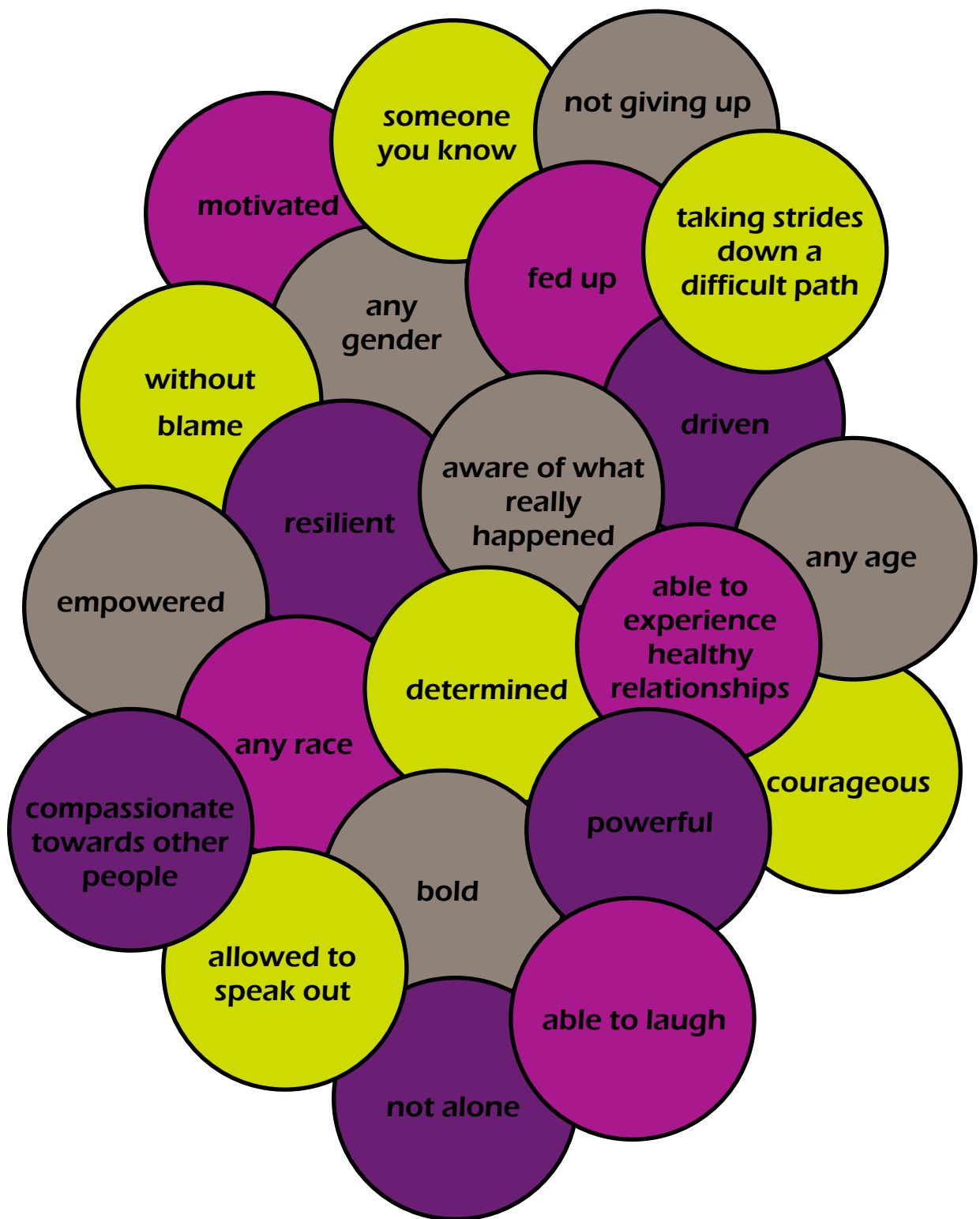
Hopefully, you find this booklet helpful. The future is filled with possibilities!

Warmly,

OneEighty's Victim Services Team



A Survivor is...



...me

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“Healing may not be so much about getting better, as about letting go of everything that isn’t you—all of the expectations, all of the beliefs, and becoming who you are.”

—Rachel Naomi Remen

Baby Steps

“A journey of one thousand miles begins with a single step”

--Mao Tse-Tung





Some days it is impossible to take big steps in the healing process. The following list of baby steps can be taken anytime to help heal from the effects of sexual assault.

Put the hotline number in your wallet

Laugh—watch a movie or read a book that makes you laugh out loud

Put the hotline number on your bulletin board at work

Donate a book to the library

Exercise

Use your sense of humor to get through the tough days

Get educated

Say it yourself "I'm a Survivor"

Look in the mirror and say "I love you"

Eat healthy food

Put positive self messages on your computer screensaver

Pick up The Courage to Heal



Don't think about it for a while (don't obsess)

Eat chocolate

Look at beautiful things

Buy yourself flowers

Educate someone in your life about sexual violence

Forgive yourself

Change your routine

Dream of a world where it doesn't exist

Take a nap

Watch a happy movie

Acknowledge your angry feelings



Breathe

Turn your anger into passion

Take good care of yourself

Remind yourself that it is not your fault

Don't question yourself

Join a self-defense class

Tell a friend you are a survivor

Distribute OneEighty brochures to a new location

Take half a baby step and feel good about it

Self-Care

“The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn’t matter which road we embark on. Maybe what matters is that we embark.”

--Barbara Hall



WHAT IS SELF-CARE?

Often times, many of us go through our lives, practicing daily routines in an almost automatic fashion. What we may be missing while doing this are the cues and signals our body and minds are sending us about what they might need to change. Self-care is simply that; paying attention to the cues we are receiving and attending to them.

It can be as simple as asking yourself, “What do I need to do to take care of myself right now?” It is recognizing that although we may appear okay on the surface, we may need to be paying a little more attention to certain areas of our lives so that small problems do not turn into larger ones. It is also accepting that we will have setbacks, that they are natural and okay, and that dealing with them will only help us on our journey of survival. Keep in mind that healing is not linear, and some days may require more self-care than others. Self-care should include activities that help you to relax, and in many ways reboot. It should feel more like relaxation than yet another thing to do, and ultimately should help make you feel more balanced and alive.

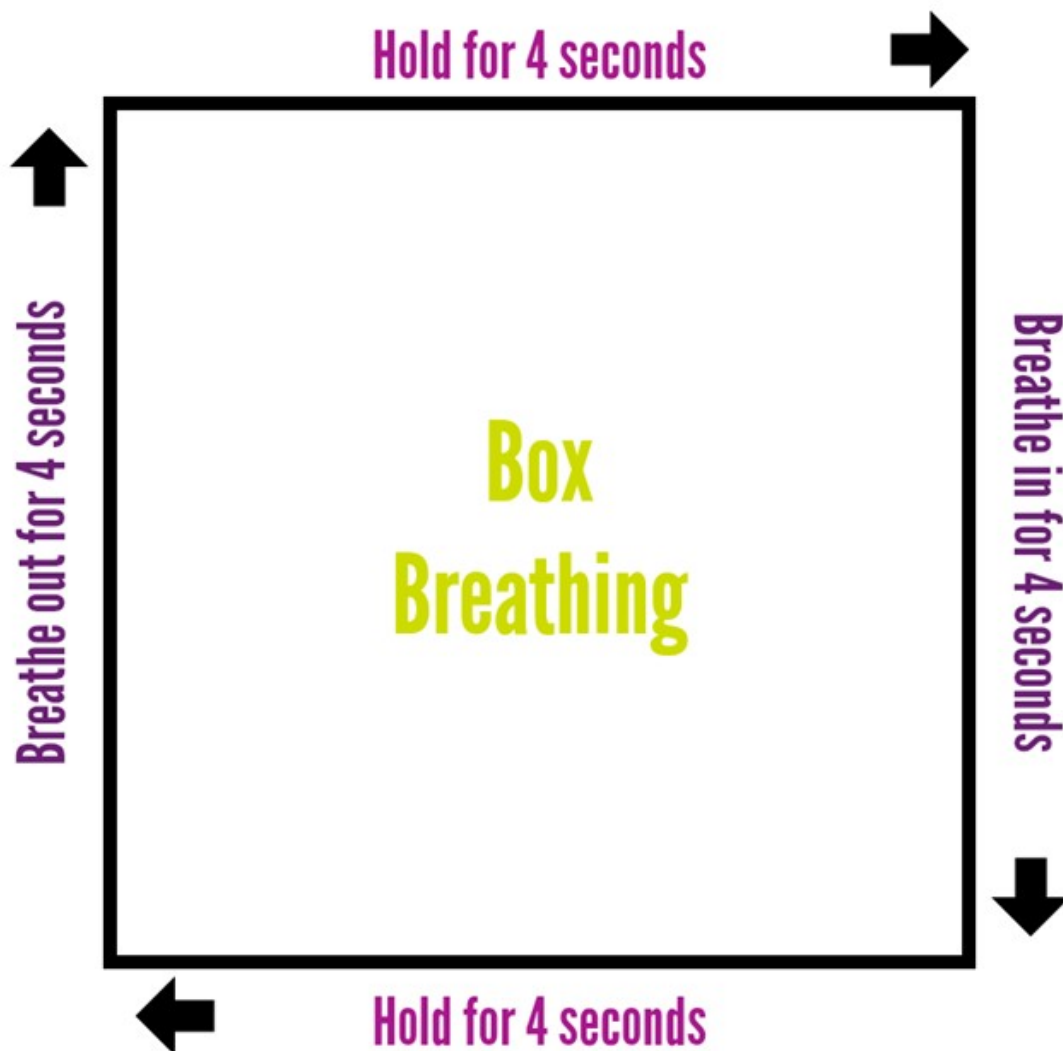
WHEN DO YOU NEED TO PRACTICE SELF-CARE?

- ◆ Everyone seems more irritating than usual
- ◆ Everyone seems less competent than usual
- ◆ You suddenly have very strong feelings that overwhelm you
- ◆ You try to talk yourself out of those feelings
- ◆ Your feelings seem out of proportion to your current situation
- ◆ You find yourself wanting to practice self-destructive behaviors
- ◆ You can't decide whether you need to take care of yourself or not
- ◆ You isolate yourself from others

WHAT CAN YOU DO TO PRACTICE SELF-CARE?

- ◆ Practice deep-breathing exercises
- ◆ Engage all five senses: identify what you are feeling, hearing, touching, smelling, or seeing
- ◆ Treat yourself kindly – utilize positive affirmations
- ◆ Disconnect – turn your phone off for a little while and focus on you
- ◆ Embrace your creativity: color, draw, paint, knit, write, etc.
- ◆ Create a playlist of your favorite songs
- ◆ Do something physical: go for a walk, hike, run, dance, yoga, etc.
- ◆ Plant a garden
- ◆ Re-decorate a room in your house
- ◆ Play with a pet
- ◆ Cook a favorite meal or bake a favorite dessert
- ◆ Try cooking a new dish
- ◆ Mindfully eat your favorite meal – take the time to savor it and enjoy the flavors

- ♦ Pamper yourself – take a bath, put on some relaxing music, light some candles, do a face mask, etc.
- ♦ Experiment with your makeup
- ♦ Go on a self-date
- ♦ Café-hop until you find your favorite one
- ♦ Go see a movie
- ♦ Call a friend
- ♦ Go out to dinner with a friend
- ♦ Go to a support meeting
- ♦ Go to therapy
- ♦ Write in a journal
- ♦ Make a list of goals you want to achieve throughout your healing process



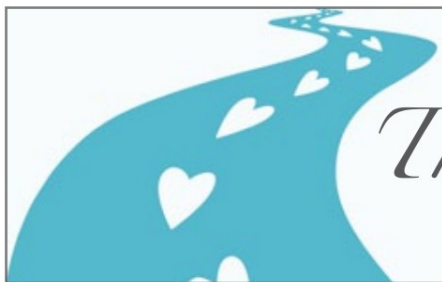
It can be hard to find time for self-care in our lives. Many of us tend to think of self-care as something that requires a larger chunk of time than we can commit to, which makes it easy to neglect ourselves. However, self-care can be something that takes as little as five minutes. It may be helpful to create a list of activities that you find helpful as self-care techniques and divide them by the amount of time each activity takes. We have included an example created by a survivor to get you started.

5-60 Minutes	1-3 Hours	3+ Hours
Practice deep-breathing	Take a relaxing bath	Get a massage and facial
Take a walk	See a movie	Spend time with friends
Eat a meal mindfully	Get lost in a good book	Go on a self-date
Take a nap	Write for pleasure	Get hair done
Play with my dog	Watch a comfort show	Go to a concert
Experiment with makeup	Bake something	Plant a garden



The journal *Preventative Medicine Reports*, found that gardening has a wide range of health outcomes including reductions in depression, anxiety, and body mass index, as well as increases in life satisfaction, quality of life, and sense of community.

- Forbes, 2020



The Path to Wonderful

30 Days of Gratitude

The fastest path to peace is gratitude. It puts life in perspective, helps you weather storms, and reminds you of the good—even when it might seem hard to find upon first glance. The following prompts are meant to work as a gratitude journal you can use over the span of a month—or several days if you feel like completing multiple prompts each day. I hope you enjoy it and that it helps put you in a grateful space!

Day 1

I'm most grateful for my ability to: _____

Day 2

In this moment, the things I love most about my family are: _____

Day 3

Something that made me smile today was: _____

Day 4

The best thing I smelled today was: _____

Day 5

One of the memories I'm most grateful for is: _____

Day 6

Thank goodness someone taught me how to: _____

Day 7

The strongest part of my body in this moment is: _____



Day 8

Even after a rough day, the things I'm most grateful for at work are: _____

Day 9

I'm grateful that my legs carry me: _____

Day 10

I felt a little burst of energy today when: _____

Day 11

The best song I heard today was: _____

Day 12

When I look inside my closet, I'm grateful for: _____

Day 13

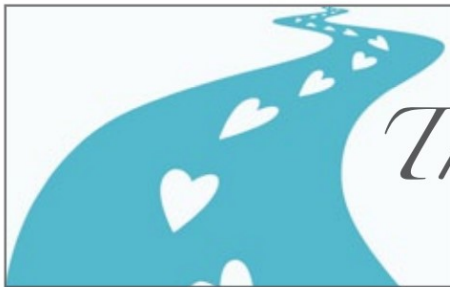
I'm lucky that I'm smart enough to figure out how to: _____

Day 14

In this moment, the things I love most about my friends are: _____

Day 15

I'm grateful that my hands can hold: _____



The Path to Wonderful

30 Days of Gratitude

Day 16

The prettiest thing I saw today was: _____

Day 17

When I look in the mirror, I'm grateful for: _____

Day 18

Three of my most prized possessions are: _____

Day 19

I'm grateful that my eyes let me see: _____

Day 20

The things I would never change about myself include: _____

Day 21

The best thing I tasted today was: _____

Day 22

I love going online to: _____

Day 23

I'm grateful for the way these things feel: _____



Day 24

Today I felt supported (by a person, the Universe, God) when: _____

Day 25

When I look around my home, I'm grateful for: _____

Day 26

When I look around at the world, I'm grateful for: _____

Day 27

I love that I have the ability to daydream about: _____

Day 28

I love it when I see animals: _____

Day 29

The nicest thing I felt on my skin today was: _____

Day 30

I'm grateful that I'm learning to: _____



Legislative Advocacy

“The path to our destination is not always a straight one. We go down the wrong road, we get lost, we turn back. Maybe it doesn’t matter which road we embark on. Maybe what matters is that we embark.”

--Barbara Hall



ADVOCACY IN AS LITTLE AS 5 MINUTES

Advocacy doesn't have to take a lot of time or cost anything at all.

You can make an impact in many ways:

- **Call your legislator** - You don't need a bill number or to be an expert in sexual assault or intimate partner violence policy. Just share what concerns you, what you read that you can't get out of your mind, a great idea that you have for reform, etc. If there is a particular bill that you would like to address – great! They would much rather hear from you before the vote than to get an angry call afterwards. They not only welcome such calls, but they employ staff that wait for your call. You can find their phone numbers online.
- **Request to be added to the mailing list of an advocacy organization that addresses the issues you care about**, such as Ohio Domestic Violence Network (ODVN) and Ohio Alliance to End Sexual Violence (OAESV). You can join listservs and learn about events, research, and upcoming issues in Ohio's sexual assault and domestic violence policies. You can also join lists for more specific organizations, from mental health to cancer to political lists.
- **Inform someone** - Share your concerns with a friend, family member, work colleague, neighbor, social group associate, or casual acquaintance. Never underestimate how powerful word-of-mouth can be.
- **Write a letter to a policymaker** - This option takes more than five minutes but is fairly simple.

A U.S. Capitol switchboard operator can connect you directly with the correct Senate or House of Representative office: (202) 224-3121 or visit <https://www.senate.gov/states/OH/intro.htm> (Senate) or <https://www.house.gov/representatives/find-your-representative> (House of Representatives)

If you'd like to be heard, but are nervous about speaking with a legislator, consider leaving a message on voicemail after hours. In this way, you can lend your support or share your disapproval of a bill in a comfortable way.

Just like with phone calls, policymakers expect to receive letters, and in many cases, they rely on receiving information from their constituents. And they trust the public far more than lobbyists. You will also likely receive a response, usually written, explaining the issue more fully and letting you know what the policymaker intends to do about it.

- **Visit a policymaker** - Take advantage of the knock on your door or the greeting at the grocery store during campaign time by a candidate with literature. Don't run away or avoid the confrontation. Take a moment to stop and ask the candidate about their intentions regarding your issue, if elected.
- **VOTE** - It is critically important that everyone who is eligible to vote exercises that right. If you aren't registered, visit the Ohio League of Women Voters website: <https://olvr.ohiosos.gov/>
- **Advocacy Day** - Each spring, the Ohio Domestic Violence Network (www.odvn.org) and the Ohio Alliance to End Sexual Violence (www.oaesv.org) lead prevention professionals, survivors, advocates, and interested members of the public in *Advocacy Day* at the Ohio Statehouse. It is an opportunity to meet with legislators, network, and advocate for change on behalf of survivors. You can find the specific date each year on each coalition's website.
- **Local Advocacy** – Share your voice and ideas for change at local Board of Education and city council meetings where you live.

WRITING TO POLICYMAKERS

Letters are an extremely important tool in advocacy. Public officials expect to receive mail from constituents (those citizens whom they represent). They depend on input from the public to do their jobs and fairly represent those that elect them to office. Often legislators rely on letters and calls to help them decide how to vote. Letters are one of the best ways to communicate your message, since you can take the time to craft your wording perfectly to reflect your logic and emotion. It is a permanent record which the policymaker can refer to as needed.

Some tips for an effective letter

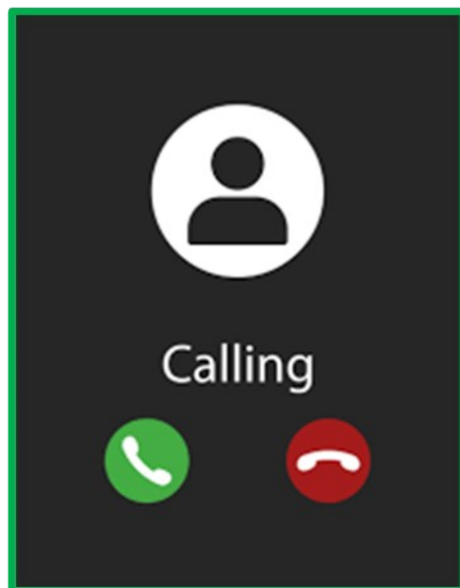
- It is not necessary to be an expert on the subject matter. Just explain your point of view.
- Be brief. Keep your letter to one page.
- Be polite, respectful, and reasonable.
- Use your own words. Don't try to be impressive by using a thesaurus.
- Personal stories and observations are the most persuasive.
- Avoid jargon, technical language, and acronyms.
- Be specific about your concerns and what you would like the policymaker to do about them.
- It is best to address only one issue.
- If you are a constituent, say so in the first paragraph. Your vote is important!
- Call the legislator's office or visit their website beforehand to get the correct address, title, and spelling.
- Be sure your letter is legible. It doesn't need to be typed, but it must be easily readable.
- Ask for a response.
- Include your name, address, phone number, and other contact information on the letter. Do not rely on the return address – envelopes often get separated from the letters inside.
- Ensure your letter is spellchecked and edited for proper grammar and appropriate language by a "friendly editor" prior to sending it.
- If you don't get a response within a few weeks, call the legislator's office to ensure the letter was received. Ask again for a response.
- Share the response with any coalitions or partners with whom you are working.
- Follow up and find out how the policymaker acted on your issue. Write to thank them, if appropriate.
- You can "recycle" the language from your letter in correspondence with other policymakers, to the same policymaker next year, a letter to the editor of your local newspaper, etc.

CALLING POLICYMAKERS

Policymakers expect to receive calls from the public. Many employ staff dedicated to the task. They rely on calls and letters to help them make the best decisions on behalf of their constituents.

Some tips for an effective phone call

- Look up their office and/or home phone numbers online. It is acceptable to call elected officials at their published home numbers; they are listed for a reason. Just be courteous and don't call late at night.
- Prepare for the call. Write down the issue you are calling about and what you would like the official to do about it in case you get flustered once the call begins. It isn't necessary to have a script, but concise talking points will keep your conversation focused.
- Identify yourself with your name, where you live, and the reason for your call.
- Ask if it is a good time to talk. If it isn't, ask when an appropriate time would be to call back.
- Be polite, courteous, and respectful of the policymaker's time.
- Remember to ask for the action you want.
- Speak your mind, then listen. Don't interrupt or argue.
- If the policymaker wants more information, promise that you will provide it and make arrangements to do so.
- If there is a question that arises that you cannot answer, say so. Then get the answer and call back with the information.
- Finish the call by thanking the policymaker for their time and support (if appropriate).
- You may speak to an aide or answering machine/service. If so, leave a message with the issue you are calling about, your name, phone number, and the best times to reach you.
- Don't be discouraged if they haven't returned your call in a few days. Call back.



SAMPLE SCRIPT FOR PHONING A POLICYMAKER

Note: If you get the Senator, ask if this is a good time to talk. If not, ask when would be an appropriate time to call back. If you get the voicemail, leave a message.

Hello, my name is (first name) (last name).

I am calling for Senator Jones.

I live at (home address) in your district.

I am calling to urge you to support current proposals to increase funding for sexual assault crisis services. These services help survivors recover from their assault and help them to contribute to society.

In Ohio, 19% - or nearly 1 in every 5 residents - report having been sexually assaulted in their lifetime. This data comes from the Sexual Assault and Experiences Survey. With the number of victims that need these important services, this funding increase is critical.

Again, I urge your support. If you have any questions or comments, please call me at (phone number). Thank you for your time and for your public service.

VISITING WITH A POLICYMAKER

Meeting with a policymaker enables you the opportunity to fully explain your concerns, allows them to ask questions, and develops a better understanding of the issue for both parties through open dialogue.

Some tips for an effective meeting

- Call the policymaker's office or public home phone number in advance to ask for an appointment. Leave a number where you can be reached.
- Choose a convenient place to meet where you can talk without being interrupted (a library, a conference room in your office building, their office).
- Share in advance the issues you plan to discuss.
- Learn what you can about the official – previous votes and actions on your issues, committee assignments, professional background, and any public statements on your issues.
- You may take a guest or two with you but keep the group small.
- Prepare for the meeting – define your goal, brief yourself on the issue, plan what you want to say, practice your delivery with a friend.
- Bring a one-page fact sheet to leave behind for reference which contains your most important points, your desired action plan, and your contact information.
- Arrive on time. Be patient and understanding if the policymaker is not.
- Introduce yourself. Describe your interest in the issue, any organizations you are representing, and disclose that you are a constituent, if you are.
- Be friendly and courteous. Get to the point after minimal small talk. Be respectful of the policymaker's time.
- Explain your point of view but be sure to actively listen to their side as well. You can disagree politely, but do not argue or interrupt!
- Remember the point of the meeting – clearly state what you want the policymaker to do.
- The policymaker may ask a question you cannot answer. Don't guess or make something up! Promise to find out the answer and call their office with the correct information.
- Do what you promised. Get back to them with the information. If it seems to take longer than expected to find the answer to their question, call to let them know you are still working on it.
- If by mistake you say something that you later discover was incorrect, call right away and share the correct information.
- Send a follow up thank you note. Handwritten is best but typed is also fine. It should be signed by everyone that attended the meeting. Include your contact information again and a copy of any materials or fact sheets that you left at the meeting.

TESTIFYING AT A PUBLIC HEARING

Legislative public hearings have become less and less user-friendly but remain an important opportunity for advocates to raise awareness of important issues. They are held early in the year by legislative committees to collect public comment on bills they are considering.

Some tips for an effective testimony

- Hearings are listed online at the Ohio Legislature - including date, time, hearing room at the Ohio Statehouse, and the list of bills that will be considered at that hearing:
<https://www.legislature.ohio.gov/schedules/session-schedule>
- Attempt to meet, call, and/or write to committee members prior to the hearing.
- Arrive early to sign up to speak. Find others who plan to testify on your bill.
- The first hour of the hearing is typically reserved for public officials – other legislators, agency representatives, other elected officials. Then the committee chairs begin calling speakers from the public sign-up list, in the order in which they signed up. If you have a disability or special need, talk to the committee staff.
- You will generally only have three minutes to speak. Do not rush. You are not required to use the entire three minutes in your statement. You will be signaled when your time is up. Finish your sentence and thank the committee.
- Use your allotted time to summarize your talking points and refer the committee members to your written testimony for more detail.
- Speaking from personal experience is most persuasive.
- Attempt not to repeat other speakers' remarks.
- Briefly answer any questions committee members may have. If you don't know the answer to a question, say so and tell them you will get back to them with the correct information.
- Be polite and respectful. Do not disparage anyone who testifies against your position. Point out differences, answer concerns, but do not get personal.
- Prepare written copies of your testimony. The Legislative Bulletin will note how many copies you need to submit to the committee staff before you speak. Bring extra copies to share with other advocates and with legislators you may see in the halls.
- Follow up with a written thank you letter to the committee. Include your testimony again and any updates or answers to questions that arose after your statement.

Testifying is often not a pleasant experience. You may arrive early in the morning, only to find that you are far down the list of speakers. You may find that only two or three legislators are still at the hearing and the rest of the public has left. But there are instances where a bill did not pass out of committee because no one showed up to testify in favor of it. This is important work.

Helping your Children

“One of the biggest myths that we have to bust is that if you have experienced childhood adversity, there’s nothing we can do about it”

--Nadine Burke Harris M.D.



Tracing Hand Breathing

Trace your fingers, breathing in as you go up and breathing out as you go down. Go around your hand 3 to 5 times.

When a partner hurts their spouse or partner by causing fear, threats and injury in the relationship; this partner is also hurting their babies, children and teens by putting them in the midst of the threats and harm. They don't create a sense of co-parenting either.

These upsetting and on-going experiences likely create chronic stress, trauma and traumatic responses for the kids and their parent victimized by this type of hurting. Traumatic responses often show up in kid's behavior. But they might not be noticed because their trauma reactions often look disruptive and perhaps disrespectful or they may be really quiet or clingy.

Living with or visiting a parent who batters and hurts puts children on high alert. Trauma causes people to be on high alert throughout the day and night for what could happen to them next.

Experiencing Trauma Affects Our

Thoughts

Children & teens may think the fighting, hurting & yelling is their fault. They may think every family has this kind of hurt happening. They may think, "If I could do better this wouldn't happen." They may blame the parent who gets hurt. They just want the **hurting** to stop.

Feelings

Kids who witness hurting in their family experience many feelings like *sad & mad* that this is happening; *guilt* that they can't stop it, very *worried* about when something scary will happen again, *afraid* of being hurt, and *overprotective* of their siblings, pets and parent. They feel *confused* by the hurtful parent's twisting of love and fear.

Physical Sensations

Feelings show up in our bodies too. This is true for everyone. Kids that have lived with a parent who hurts may stress cry more, have headaches or stomach aches, and feel shaky, fidgety or jumpy. They may have nightmares, throw-up or feel dizzy, and some cover their ears from sounds. Lots of thoughts race through their heads and so it's hard to stay focused.

Behaviors

Babies, children and teens may be jumpy, startle easily, have difficult behaviors, cry a lot, be grumpy and irritable, have difficulty sitting still and can't fall or stay asleep. Some may be quiet, shy or clingy and regress back to sucking thumbs or wetting their beds or clothes.

Coping

All kids find ways to cope during their stress and worry. **Their actions and choices are survival skills developed in the midst of living with a parent who hurts their family. Their behaviors may show up as disruptive or disrespectful or overprotective.** This is most likely linked to the abuse they have watched or heard.

Children and teens show resiliency through these difficult times, especially when a caring adult provides care, comfort, lets them know they matter and this hurting is not their fault.



You, as their caring parent, taking the time to try these suggestions, can help regulate their behavior and reactions to things in the present moments.

Rocking & Swinging

Take some time to rock your babies and children or go to the playground and swing. The back and forth repeating motion of rocking is so soothing and calms children.

Humming & Singing

Singing or humming also has been shown to increase the feelings of goodness and control. Picking a favorite family song to sing together to build a stronger connection is a wonderful way to teach healthy coping to your children.

Playing

Every child and teen needs time to play. Moving and playing lets the body heal and gets rid of stress stored inside their bodies, especially when upsetting things have happened to them.

Playing on Floor—Giving younger kids daily times to play on the floor with you where they have your attention is an amazing way to offer your kids support, care and love. This restores a sense of calm in your family.

Sleeping, Eating & Drinking Water

Hungry and tired kids become irritable and have trouble listening, which in turn makes parenting more challenging. It's important every day to feed a child healthy food, make sure they get enough water, and have plenty of rest because it helps manage the many feelings they are experiencing. It also regulates their blood glucose levels so their behavior stays more even.

Breathing

Your breath is your anchor to regulating emotions, shifting moods, and feeling calmer. Stress can cause us to breathe in a rapid way. Practice breathing with your children & teens many times a day. This helps kids learn to manage their sensations and feelings. Breathing in slowly through your nose and out through your mouth 4 or 5 times lowers blood pressure, slows heart rate and brings kids back to a sense of control.

Emotional & Physical Safety Planning With Children & Teens

If your child or teen needs support when they feel overwhelmed by too much or because of the changes, then making a plan for your child might help. If you are concerned or would like more ideas please know advocates are here to talk with you and your kids. We can also offer community referrals for extra support or counseling too.



Create & Keep Basic Routines

Having routines or doing the same thing each morning and night creates a sense of safety and consistency. This is important because the abusive person has always changed the rules and disrupted routines.

Inspire Hope & Joy

Kids need built back up after living with an abusive parent who has caused hurt for all of you. Finding the little joys in your day can encourage children to use their strength this way too. Kids like to be helpful. Praise them when they are pitching in!

Some parents think it's spoiling them but in fact it helps them to feel safer and calmer inside their bodies. Please stick with it! It's going to take time to heal the hurting that you've all been through.

Catch Them Doing Good

Finding times to support your children and catch them doing the right thing can go a long way in guiding your children and teens. So much of what they heard before leaving was filled with cruelty and mixed messages. Children and teens can benefit from such positivity and hope.

Give Hugs & Calm Responses

When domestic violence has happened in a family, hands and harsh words have so often caused hurting. Kids can feel safer with positive attention filled with hugs and peaceful responses from their caring parent.

Talk With Your Babies, Children & Teens

Kids need to hear from you, their caring parent that you understand upsetting things have changed their family. When each of you has been through fear, isolation and ever-changing rules, you can talk with them about what they worry about most, and what they miss most. You can praise them for being brave through all of this even though each child may have mixed feelings about leaving.

Music & Dance

When times are demanding, get your kids to moving in the right direction by using music, dancing or marching. You'll create a positive feeling which brings laughter too! It can be easier on you then time outs and taking away things. Building kids up and showing them that you can create fun while expecting them to listen, works during times of change and loss.

You and each of your children deserve respect, kindness and safety in your lives!

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NOTICING CUES HELPS TO COPE



#1

Learning about cues or reactions in the body can help you and your children use approaches to feel emotionally safer.



#2

How do we do this? Notice what comes first when something happens to you or your kids. How does your body feel inside?



#3

By noticing what occurs in your body you can notice cues like a racing heart, feeling jumpy, and other kinds of physical sensations.




#4

You can learn to notice these cues and then do calming activities to help manage through upset, feelings, and difficult moments.



#5



Breathing, moving, rocking, humming, and tapping are some approaches you can do with your children to help gain calm and safety.



Just Breathe

You can come back to your deeper breathing many times a day.



Breathing deeply calms your body by sending a message to your brain to feel calmer inside. Some need to breathe and move to feel less upset inside. Try Tapping.



1. Breathe in through your nose
2. Exhale out longer through your mouth
3. Try this 5 or 6 times in a row



You can lessen reactions of upset felt inside your body because you are taking charge through your deeper breathing.

Here's one to TRY with your children



Blowing Bubbles Breathing

Take a deep slow breath in through your nose.

Blow a long exhale out of your mouth, pretending to blow as many bubbles as you can.

Try this 5 more times.



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WE CAN USE NATURE TO HELP US FEEL CALMER, CENTERED & CONNECTED

Look Up at the Sky

What color is the sky?
Do you see the shapes
of clouds or do you see
stars and the moon?

See Trees & Flowers

Do you see the trees or
flowers? How high is the
tree growing? Notice
the colors that you see.

Listen to Sounds Outside

Do you feel vibrations,
hear noises like birds
chirping or some other
sound? Maybe cars
driving by or the wind
blowing?

Plant Your Feet on the Ground

The earth beneath you
holds you up. Let
yourself feel the
ground beneath your
feet. We are connected
to others.

Feel the Warm Sunshine

Do you notice if you
sense a warm feeling
from the sunshine or is it
cold outside? Might you
feel a breeze?

Breathe in the Fresh Air

As you breathe in—use
your nose to see what
you can smell outside.
Do you notice different
kinds of smells?



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MINI MOVES

**Moving
Helps Us Feel
Better**

Wiggling and Motion

Let your brain tell your body what it needs and which ways it wants to move around.

Wiggling and moving lets stored up energy go outside of you. It may help you to feel more settled inside.



Singing Head, Shoulders, Knees, and Toes

Singing this song while doing the motions will get your body moving to help you cope with your feelings. It's fun to sing it slow and then faster.



Stand with Hands in Your Pockets and Breathe...

This simple move allows you to feel your feet on the floor, lets you put your hands safely next to you. You can do your on purpose breathing, too.



"I am Okay" Tapping

Using each of my hands—touch my thumb to my pinky finger, then my thumb to my index, then my thumb to my middle finger, then my thumb to my ring finger. As I am doing this motion I am saying to myself, "I am OKAY", repeating 3-5 times.



Raise Your Arms Up...

When you notice your shoulders feeling heavy or tight, reach your arms up to the sky, then bend over to touch the ground.

Add in other moves like tensing up and letting go where you notice tight muscles.



Drumming & Marching...

If you don't have a drum, no worries—clap your hands on your knees. Make a beat, speed it up then slow it down.

Create patterns and rhythms. Try humming a song or making up your own.



Book Lists

“Some books leave us free and some books make us free.”

--Ralph Waldo Emerson



Reading about the subjects of domestic violence, sexual violence, and trauma can be very healing. It may allow you to learn from what has worked for others. It can also help to make you feel like you are not alone. Following are some books that have been identified by survivors and advocates that may be helpful for you in practicing self-care.

DOMESTIC VIOLENCE

- ◆ *A Woman Like You: The Face of Domestic Violence* by Vera Anderson
- ◆ *The Batterer as Parent: Addressing the Impact of Domestic Violence on Family Dynamics* by Lundy Bancroft
- ◆ *When Dad Hurts Mom: Helping Your Children Heal the Wounds of Witnessing Abuse* by Lundy Bancroft
- ◆ *Why Does He Do That? Inside the Minds of Angry and Controlling Men* by Lundy Bancroft
- ◆ *Should I Stay or Should I Go?: A Guide to Knowing if Your Relationship Can – and Should – Be Saved* by Lundy Bancroft and Jac Patrissi
- ◆ *Saving Beauty from the Beast: How to Protect Your Daughter from an Unhealthy Relationship* by Vicki Crompto and Ellen Zelda Kessner
- ◆ *The Verbally Abusive Relationship: How to Recognize it and How to Respond*, 3rd ed. By Patricia Evans
- ◆ *Stop Signs: Recognizing, Avoiding, and Escaping Abusive Relationships* by Lynn Fairweather
- ◆ *When Men Batter Women* by John Gottman and Neil Jacobson
- ◆ *Preparing to Fly: Financial Freedom from Domestic Abuse* by Sarah Hackley
- ◆ *Next Time She'll Be Dead: Battering and How to Stop It* by Ann Jones
- ◆ *The Macho Paradox: Why Some Men Hurt Women and How All Men Can Help* by Jackson Katz
- ◆ *Women with Controlling Partners: Taking Back Your Life from a Manipulative or Abusive Partner* by Carol A. Lambert
- ◆ *If I Am Missing or Dead: A Sister's Story of Love, Murder, and Liberation* by Janine Latus
- ◆ *Naming the Violence: Speaking Out about Lesbian Battering* by Kerry Lobel
- ◆ *Invincible: The 10 Lies You Learn Growing Up about Domestic Violence, and the Truths to Set You Free* by Brian F. Martin
- ◆ *Domestic Violence: A Reference Handbook*, 2 ed. by Margi Laird McCue
- ◆ *But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships* by Dr. Jill Murray
- ◆ *No Visible Bruises: What We Don't Know about Domestic Violence Can Kill Us* by Rachel Louise Snyder
- ◆ *Coercive Control: How Men Entrap Women in Personal Life* by Evan Stark
- ◆ *Goodbye, Sweet Girl: A Story of Domestic Abuse and Survival* by Kelly Sundberg
- ◆ *I, Tina* by Tina Turner and Kurt Loder
- ◆ *Surviving Domestic Violence: Voices of Women Who Broke Free* by Elaine Weiss
- ◆ *Not to People Like Us: Hidden Abuse in Upscale Marriages* by Susan Weitzman
- ◆ *Surviving Domestic Violence: a Guide to Healing Your Soul and Building Your Future* by Danielle F. Wozniak
- ◆ *Shout the Secret: Survivor's Guide Through DV and How to Thrive In Its Aftermath* by Crystal Schwindt
- ◆ *It's My Life Now: Starting Over After an Abusive Relationship* by Meg Kennedy Dugan & Roger R. Hock
- ◆ *Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships* by Harriet Lerner, Ph.D.
- ◆ *Change Your Brain, Change Your Life* by Daniel G. Amen

- ◆ *Your Life After Trauma: Powerful Practices to Reclaim Your Identity* by Michele Rosenthal
- ◆ *Psychopath Free: Recovering From Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People* by Jackson MacKenzie
- ◆ *The 10 Lies You Learn Growing Up with DV and the Truths to Set You Free* by Brian F. Martin
- ◆ *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are* by Brene Brown
- ◆ *UN/MASKED: Memoirs of a Guerrilla Girl on Tour* by Donna Kaz
- ◆ *Escape Points: A Memoir* by Michele Weldon
- ◆ *Liars, Cheats, and Creeps: Leaving the Sociopath Behind: 52 Sessions to Freedom in a Women's Support Group* by Patricia Peters Martin Ph.D.
- ◆ *The Emotionally Abusive Relationship: How to Stop Being Abused and How to Stop Abusing* by Beverly Engel
- ◆ *Crazy Love* by Leslie Morgan Steiner
- ◆ *A Safe Place for Women: How to Survive Domestic Abuse and Create a Successful Future* by Kelly White
- ◆ *How to Be Nice to Yourself: The Everyday Guide to Self Compassion: Effective Strategies to Increase Self-Love and Acceptance* by Laura Silberstein-Tirch PsyD
- ◆ *The Safety Trap: A Security Expert's Secrets for Staying Safe in a Dangerous World* by Spencer Coursen
- ◆ *The Self-Esteem Regime: An Action Plan for Becoming the Confident Person You Were Meant to Be* by Clarissa Burt
- ◆ *Insight is 20/20: How to Trust Yourself To Protect Yourself From Narcissistic Abuse & Toxic Relationships* by Chelli Pumphrey MA LPC
- ◆ *Hope Rising: How the Science of HOPE Can Change Your Life* by Casey Gwinn J.D.

SEXUAL ASSAULT

- ◆ *I Know Why the Caged Bird Sings* by Maya Angelou
- ◆ *The Courage to Heal* by Ellen Bass and Laura Davis
 - ◇ *The Courage to Heal Workbook: For Women and Men Survivors of Child Sexual Abuse* by Laura Davis
 - ◇ *Allies in Healing: When the Person You Love was Sexually Abused as a Child* by Laura Davis
- ◆ *Secret Survivors: Uncovering Incest and Its Aftereffects in Women* by E. Sue Blume
- ◆ *Transforming a Rape Culture* by Emilie Buchwald
- ◆ *When Rabbit Howls* by Truddi Chase
- ◆ *Obsession* by John Douglas and Mark Olshaker
- ◆ *The Rape Poems* by Francis Driscoll
- ◆ *The Devil on the Doorstep* by Annabelle Forest
- ◆ *Telling: A Memoir of Rape and Recovery* by Patricia Weaver Francisco
- ◆ *Tears of the Silence: An Amish True Crime Memoir of Childhood Sexual Abuse, Brutal Betrayal, and Ultimate Survival* by Misty Griffin
- ◆ *Men Who Rape: The Psychology of the Offender* by A. Nicholas Growth
- ◆ *Asking for It: The Alarming Rise of Rape Culture – and What We Can Do About It* by Kate Harding
- ◆ *Father-Daughter Incest* by Judith Herman, M.D.
- ◆ *Working with Available Light: A Family's World After Violence* by Jamie Kalven
- ◆ *Journey to Wholeness: Healing from the Trauma of Rape* by Monique Lang
- ◆ *Shining Through: Pulling it Together After Sexual Abuse, Edition II* by Mindy B. Loiselle and Leslie Bailey Wright
- ◆ *The Sexual Healing Journey: A Guide for Survivors of Sexual Abuse* by Wendy Maltz
- ◆ *Never Tell: A True Story of Overcoming a Terrifying Childhood* by Catherine McCall
- ◆ *Know My Name* by Chanel Miller
- ◆ *How Little We Knew: Collusion and Confusion with Sexual Misconduct* by Dee Ann Miller
- ◆ *Unbelievable* by T. Christian Miller and Ken Armstrong (Previously published as *A False Report*)
- ◆ *Lost in the Mirror: An Inside Look at Borderline Personality Disorder* by Richard Moskowitz
- ◆ *Surviving the Silence: Black Women's Stories of Rape* by Charlotte Pierce-Baker
- ◆ *After Silence: Rape & My Journey Back* by Nancy Venable Raine
- ◆ *Spilled Milk* by K.L. Randis
- ◆ *No Visible Scars* by Alice Walker
- ◆ *Predators: Pedophiles, Rapists, and other Sex Offenders – Who They Are, How They Operate, and How We Can Protect Ourselves and Our Children* by Anna C. Salter, PhD
- ◆ *Scared Selfless: My Journey from Abuse and Madness to Surviving and Thriving* by Michelle Stevens, PhD
- ◆ *I Never Called it Rape* by Robin Warshaw
- ◆ *Being Lolita* by Alisson Wood

TRAUMA AND SELF-HELP

- ◆ *Your Perfect Right (10th Edition)* by Robert Albert, PhD and Michael Emmons, PhD
- ◆ *Goddesses in Every Woman* by Jean Shinoda Bolen
- ◆ *I Thought It Was Just Me (but it isn't): Making the Journey from "What Will People Think?" to "I Am Enough"* by Brene Brown
- ◆ *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead* by Brene Brown
- ◆ *Relaxation & Stress Reduction Workbook, Edition VII* by Martha Davis, Elizabeth Eshelman and Matthew McKay
- ◆ *Relaxation & Stress Reduction Workbook for Kids* by Lawrence Shapiro and Robin Sprague
- ◆ *The Gift of Fear: and Other Survival Signals That Protect Us from Violence* by Gavin de Becker
- ◆ *One Small Step: Moving Beyond Trauma and Therapy to a Life of Joy* by Yvonne M. Dolan
- ◆ *Blink: The Power of Thinking without Thinking* by Malcolm Gladwell
- ◆ *Tipping Point: How Little Things Can Make a Big Difference* by Malcolm Gladwell
- ◆ *Trauma and Recovery* by Judith Herman, M.D.
- ◆ *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk, M.D.
- ◆ *The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life* by Jennifer Loudon
- ◆ *Getting Through the Day: Strategies for Adults Hurt as Children* by Nancy J. Napier
- ◆ *The Boy Who was Raised as a Dog and Other Stories from a Child Psychiatrist's Notebook: What Traumatized Children Can Teach Us About Loss, Love, and Healing* by Bruce D. Perry, M.D., PhD
- ◆ *What Happened to You?: Conversations on Trauma, Resilience, and Healing* by Bruce D. Perry, M.D., PhD and Oprah Winfrey
- ◆ *Reviving Ophelia: Saving the Selves of Adolescent Girls* by Mary Pipher, PhD
- ◆ *Possessing the Secret of Joy* by Alice Walker



Resources



[Mental Health Coalition](http://www.thementalhealthcoalition.org)— www.thementalhealthcoalition.org

[MHA \(Mental Health America\)](http://www.mhanational.org)— www.mhanational.org

[NAMI \(National Alliance on Mental Illness\)](http://www.nami.org)— www.nami.org

[NO MORE](http://www.nomore.org)— www.nomore.org

[NSVRC \(National Sexual Violence Resource Center\)](http://www.NSVRC.org)— www.NSVRC.org

[OAESV \(Ohio Alliance to End Sexual Violence\)](http://www.OAESV.org)— www.OAESV.org

[ODVN \(Ohio Domestic Violence Network\)](http://www.ODVN.org)— www.ODVN.org

[Ohio Sexual Violence Helpline](http://www.ohiosexualviolencehelpline.com)— 844.OHIO.HELP (844.644.6435) www.ohiosexualviolencehelpline.com

[RAINN \(Rape, Abuse & Incest National Network\)](http://www.rainn.org)— 800-656-HOPE (4673) www.rainn.org

SELF-CARE

[Art](http://www.arttherapy.org/art-therapist-locator)—www.arttherapy.org/art-therapist-locator

[Emotional Well-Being – CDC](https://www.cdc.gov/populationhealth/well-being/index.htm)—<https://www.cdc.gov/populationhealth/well-being/index.htm>

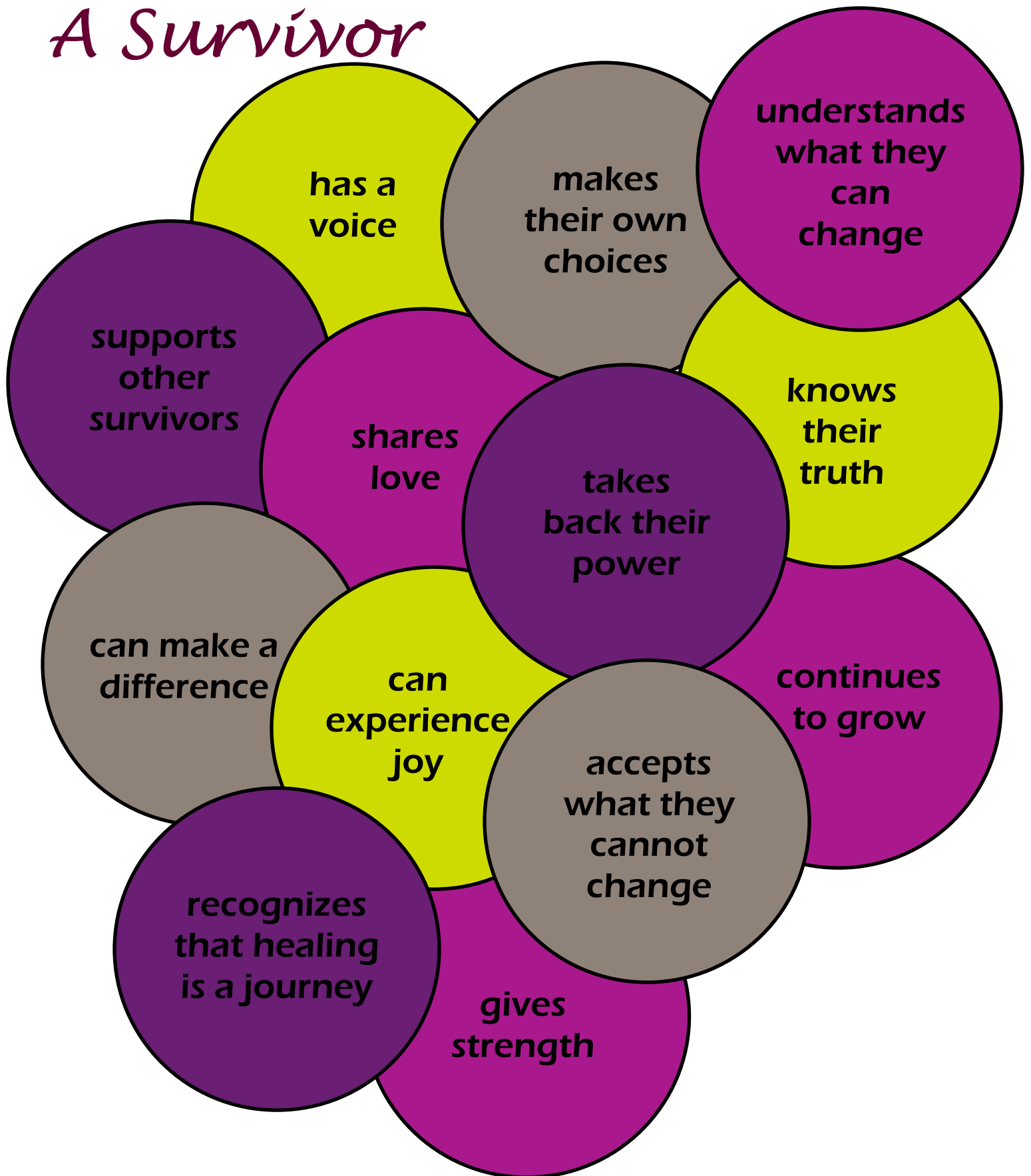
[Information for Survivors – National Sexual Violence Resource Center](https://www.nsvrc.org/survivors)—<https://www.nsvrc.org/survivors>

[Self-Care in Times of Distress and Continuous Crisis – National Sexual Violence Resource Center](https://www.nsvrc.org/blogs/self-care-times-distress-and-continuous-crisis)—
<https://www.nsvrc.org/blogs/self-care-times-distress-and-continuous-crisis>

[Stress and Coping Resources – CDC](https://www.cdc.gov/mentalhealth/tools-resources/index.htm)—<https://www.cdc.gov/mentalhealth/tools-resources/index.htm>

[Your Healthiest Self: Wellness Toolkits – National Institutes of Health](https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits)—<https://www.nih.gov/health-information/your-healthiest-self-wellness-toolkits>

A Survivor



...and so much more

*Best wishes as you continue
your healing journey*

OneEighty's Victim Services Team is available
for continued support:

Main Office

Gault Liberty Center

104 Spink Street

Wooster, OH 44691

330.264.8498

Millersburg Office

34-C South Clay St.

Millersburg, OH 44654

330.674.1020

www.one-eighty.org



24-Hour Domestic Violence/Sexual Assault Hotline:

800.686.1122

This resource was inspired by

Legacy of Survival

Victim/Survivor Advisory Council — Connecticut Sexual Assault Crisis Services, Inc.