The experience of being abused and verbally degraded by partners is usually exhausting and emotionally draining. The process of surviving and building a new life requires much courage, and incredible energy. To conserve your emotional energy, and to support yourself in hard emotional times, there are a number of things you can do:

☐ Attend as many Crisis Counselling group sessions as you can.
☐ Become involved in community activities to reduce feeling isolated.
☐ Take a part-time job to reduce isolation and to improve your finances.
☐ Enroll in school to increase your skills.
☐ Join support groups of other women to gain support and strengthen your relationships with other people.
☐ Take time for yourself to read, meditate, play music, etc.
☐ Spend time with people who make you feel good and provide support.
☐ Take part in social activities, e.g. movie, dinner, exercise.
☐ Take care of your sleep and nutritional needs.
☐ Keep a personal journal to write about your feelings, especially when you are feeling low or vulnerable. Keep it in a safe place or destroy it.
☐ Take time to prepare yourself emotionally before entering stressful situations like talking with your partner, meeting with lawyers, or attending court.
☐ Try not to 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.
☐ Try not to find your comfort in excessive use of alcohol or food – both of these things can often 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.
- It's OK to feel angry, but find positive and constructive ways to express your anger.
- Remember that you are the most important person to take care of right now.