
LIFE AFTER ABUSE

NEWS INSIDE

- **ESTABLISH A POSITIVE INNER VOICE**

Moving on with your life means taking time for yourself, speaking kindly to yourself, and being patient with yourself.

- **IDENTIFYING CALMERS**

Identify things or activities, that can sooth your emotions when you're feeling stressed and/or overwhelmed.

- **CREATE A VISION FOR YOUR FUTURE**

Get in touch with your goals/desires/intentions.

- **HOW TO HELP A SURVIVOR**

A little help can go a long way.

You deserve to feel great!

You're now on your journey to safety and healing. Healing is a process and through it, you will remember how strong, capable and extraordinary you really are!

It's important to remember that you are not alone. We are here for you.



Establish a Positive INNER VOICE

The more you cultivate a positive inner voice, the more capable you will be in creating a life worth living. It is important to build a healthier and loving, kind, compassionate and understanding relationship with yourself.



COMPLIMENT
YOURSELF IN THE
MIRROR EVERY
DAY



CELEBRATE EVERY
MILESTONE NO MATTER
HOW SMALL IT FEELS



CONGRATULATE
YOURSELF ON
HOW WELL YOU
ARE DOING



BE KIND AND
GENTLE
WITH YOURSELF

You are not alone.



SUPPORTING THOSE IMPACTED BY
DOMESTIC VIOLENCE AND CHILD ABUSE

Journey Center for Safety and Healing provides services that foster safety and healing to those affected by child abuse and domestic violence; and prevents abuse through education, advocacy, and systemic change.

Call or Text: 216.391.4357 (HELP)
Chat: [Journeyneo.org](https://www.journeyneo.org)

IDENTIFYING CALMERS

- ✓ Spend time in nature
- ✓ Talk to a friend
- ✓ Paint or draw
- ✓ Do a mindful breathing session
- ✓ Write in your journal
- ✓ Do some yoga or light exercise



Create a Vision for Your Future

Get in touch with your goals, desires, and intentions.

Try out new interests and hobbies.

Revisit your strengths, qualities, skills and abilities.

Practice self-compassion.

Understand your self-care needs and prioritize them.

What are you thankful for right now:



HOW TO HELP a survivor

1 MAKE TIME FOR THEM

Send a text message asking if they are okay. Invite them over. Give them a call. Let them know that you are here for them.

2 REMIND THEM THEY ARE NOT ALONE

Remind them that the abuse is not their fault.

3 RESPECT THEIR CHOICES

It is never as simple as just leaving. There are many reasons people stay in an abusive relationship. Offer them support and resources, but ultimately know it is their decision.

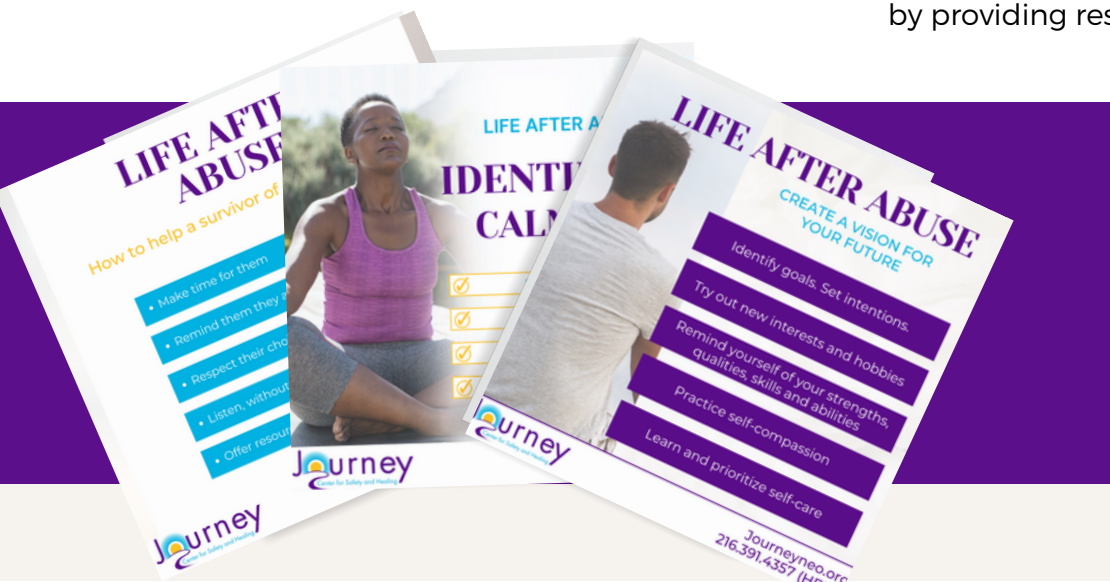
4 LISTEN, WITHOUT SHAME OR JUDGEMENT

They just want to be heard. So let the person share their thoughts, feelings, and fears. Give them a safe space and place to vent and the opportunity to open up.

5 OFFER RESOURCES AND ONGOING SUPPORT

While you cannot force an individual to leave or get help, you can encourage them to do so by providing resources and/or support.

Help is available



**Social Media
Graphics**

DOWNLOAD NOW!