

Domestic Violence

RECOVERY TIPS

Through recovery, women can see there's a life waiting for them that's more beautiful than they ever could have imagined.

You may have learned just how low the barrier to enter your life was when you became involved with someone who turned out to be abusive. You can learn how to set and maintain boundaries that will elevate your life and only allow people who align with your values to have access to you.

Recovery is not easy. It's a non-linear emotional process that can cause you to feel highs and lows, physically, mentally and spiritually. There aren't many clearly-defined steps or resources for women recovering from domestic violence, but there's a lot of work to be done, and the rewards that come because of that work are tremendous.





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- Get rid of any physical reminders of your pain. This could be everything from an anniversary card from the abuser to a sweatshirt that you wore on a bad night.
- Do not numb yourself to escape your feelings; this will only prolong the pain.
- Set strong boundaries or completely disengage with anyone who makes you feel bad. Your gut won't lie to you; get those negative people out of your life.
- Don't let pride get in the way of your healing.
- Do not speak anything negative about yourself; thoughts and words hold power.
- Bring beautiful things into your life that add comfort, color, and liveliness, like tea, art, and house plants.
- Do not speak about negative experiences. Repeating these stories will only keep you stuck.
- Eat a nutritious diet to heal your body and mind.
- Quit drinking alcohol. The toxin is known to cause and escalate depression and anxiety.
- Prioritize healing and self-care over everything else. Be kind to yourself and act as though you're healing from a major health crisis, because you are.
- Let go of resentment toward others who you feel did you wrong.
- Find an outlet for anger; that energy will always find a place to go.





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- Stay away from places that feel like negative energy.
- Adopt a pet for comfort if you can.
- Sleep, sleep, sleep. Restore your mind, body and spirit with rest.
- Listen to self-help podcasts; feed your mind a positive outlook.
- Read self-help books and practice growth.
- Routinely see a therapist. Seek a specialist in the areas you need help with and keep searching until you connect with the right therapist.
- Protect your privacy. Do not share your location or struggles on social media. Don't put yourself at risk or identify as a victim.
- Keep a journal to routinely check in with your internal dialogue and get your thoughts out. This is much healthier than sharing on your socials.
- Go on a retreat. Change your scenery and commit to your healing.
- Book a reiki energy healing session to help release trauma from your body.
- Book a massage to feel the comfort of caring human touch.
- Join a yoga studio to help connect your breath and body and find community and peace.
- Join a dance class to get your energy level up and meet new friends.





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- Start a running program, move your body!
- Join a cycling studio and sweat out that toxic energy.
- Take the opportunity to redesign your life. Let go of the old and visualize what really makes you happy. Welcome change.
- Spend time in nature. Touch your bare feet to the earth and water and feel grounded.
- Act and live bravely. Small acts lead to big changes.
- Identify your allies and avoid the others. It's okay to have a small circle.
- Find a community that doesn't know of your past negative experiences. It's nice to have a place to go where you don't run the risk of being triggered.
- Look for your inner strength—you'll find it, you are strong!
- Challenge yourself by doing things out of your comfort zone. You'll build up your self-confidence.
- Book a reiki energy healing session to help release trauma from your body.
- Find solitude in being alone. Reconnect with the activities that made you happy when you were younger.
- Spend time outside daily. Being outside, even when the sun isn't out, can help align your circadian rhythm and improve your sleep cycle.
- Buy yourself small gifts and let yourself feel worthy; reinforce that you deserve it. Abusers can make you feel like you don't deserve anything, which isn't true.

