



Disclaimer

The information in this guide is for self-help and should not replace professional medical advice. If you're experiencing emotional difficulties or feel unsafe, please reach out to a qualified mental health professional. For urgent support, contact Samaritans at 116 123 or text "SHOUT" to 85258. If you're in immediate danger, call 999. Your safety is important, so seek help when needed

Coping with Mental Health After Abuse

Acknowledge Your Feelings

It is important to recognise and validate your emotions. It is okay to feel sad, angry, or anxious. Allow yourself to experience these feelings without judgment.

Set Boundaries

Set clear boundaries with family and friends. It's okay to say no to gatherings or activities that make you uncomfortable. Prioritise your well-being.

Create a Safe Space

Find or create a space where you feel safe and can retreat when things get overwhelming. This could be a physical space in your home or a mental space through meditation or mindfulness practices.

Reach Out for Support

Connect with trusted friends, family members, or support groups. Talking about your experiences and feelings can provide relief and help you feel less isolated.

Engage in Self-Care

Take time for activities that nurture your body and mind. This could include exercise, reading, hobbies, or a relaxing bath. Self-care is crucial for healing.

Seek Professional Help

If you find coping difficult, consider seeking help from a therapist or counsellor. Professional support can provide you with tools and strategies to manage your emotions and heal from trauma.

Limit Exposure to Triggers

Be mindful of situations, people, or activities that trigger negative emotions. It is okay to avoid or limit exposure to these triggers to protect your mental health.

Practise Mindfulness and Relaxation Techniques

Deep breathing, meditation, and yoga can help reduce stress and anxiety. Incorporate these practices into your daily routine to maintain a sense of calm.

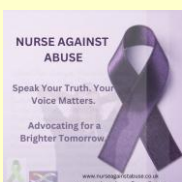
Plan Ahead

Having a plan for handling difficult situations can reduce anxiety. Consider what you might say or do if you find yourself in an uncomfortable situation.

Focus on the Present

Stay grounded in the present moment. Worrying about the past or future can increase anxiety. Focus on what you can control right now.

Remember, it is okay to seek help and take steps to protect your mental health. You are not alone; some resources and people can support you through this challenging time.



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