Looking after yourself after

Everyday harm



Reach out for support.

Talk to someone who listens to you and makes you feel safe.



Make a plan for getting support.

Think about who you can talk to, what helps you feel calm and how you can speak up if everyday harm happens again.



Do things that help you feel happy.

You could try mindfulness, breathe slowly, go for a walk, visit a park or do a hobby you enjoy.



Take time to think about what happened.

Think about what happened and how you felt.
You can write, draw or talk about it a trusted person.



Think about what could help.

Think about what helped you, what did not help and what could make the situation better.

WORKING TOGETHER
Preventing Everyday Harm

Flinders University

Photosymbols®
Publisher Licence 5622741336119

www.everydayharm.org.au