Self-Care Pyramid:
Healing for Survivors and Concerned Persons

- Connect; Listen & learn with friends, family & community
- SPIRITUALITY
  - Seek Support from a Reputable Professional (e.g. Counselor, Social Worker, Pastor)
  - Meditate; Breathe Deeply; Do Relaxation Exercises
  - Accept & Express (Don’t Repress) Your Emotions
- CULTURAL PRACTICES
  - Think Positively
  - Laugh
  - Meditation
- SOCIAL
  - Being Outdoors
  - Getting Enough Restful Sleep
  - Exercising Regularly Each Week
- EMOTIONAL
  - Maintaining Regular & Healthy Eating Habits
  - Connect; Listen & learn with friends, family & community

The Aurora Center for Advocacy & Education
Jen Snider