

# Self Care Suggestions

## From Other Volunteers

### Physical

- Workout (2-3 times a week)
- Walk
- Aerobics
- Rollerblading
- Hike in the forest
- Ride horses
- Gardening
- Play loud music while cleaning
- Shop
- Laughing
- Eat ice cream w/sprinkles

### Audio

- Talk with friends, family, partner (everyday for support)
- Listen to music
- Sing (loudly by myself)
- Play instrument – keyboard, dulcimer, guitar, flute
- Nature tapes – wind, waves
- Listen to the rain
- Talk to self

### Visual

- Watch movies/TV (and eat popcorn)
- Read – books, poetry
- Watch sunset or sunrise
- Bird feeding/watching
- Go through picture albums and reminisce about happy times
- Watch the clouds change
- Read old letters (I've saved from the past 25 years)
- Look at the night sky
- Imagine others taking care of me

### Alone time

- Be alone
- Facials
- Take a midday nap on the couch with window open
- Hot bath and candles
- Sleep in or go to bed early
- Thinking/sorting
- Cross-stitch
- Work with ceramics/clay
- Herbal tea
- Whirlpool bath or bubble bath
- Dark room with candles lit
- Human vegetating
- Light candles
- Sauna
- Pray
- Paint fingernails/toenails
- Take a drive
- Sit in the sun
- Meditate

### Social

- Massage
- Talk to my cat
- Play with grandchildren
- Spend night out with a group of friends
- Play with cat/dog
- Eat out with a friend
- Cuddle w/my daughter
- Family time (at the park)
- Play pool
- Hugs
- Picnics

## Empowerment through Wellness Nutrition

VITAMIN	FUNCTION	BEST SOURCE
A	Immune system, sexual functioning	Carrots, collards, peaches
B2: Riboflavin	Skin, liver, eyes, nails, metabolism of fat and protein	Almonds, wild rice, protein
B1: Thiamin	Liver, nervous system	Whole grains, legumes
B3: Niacin	Circulatory system	Bananas, wild rice
B6: Pyridoxine	Assists weight control, prevents nausea	Whole grains, oranges, cabbage, lemons
B9: Folic Acid	Prevents birth defects	Broccoli, orange juice
B12: Cobalamin <sup>2</sup>	Pregnancy, red blood cells	Bean sprouts, bananas
B15: Pangamic Acid	Increases oxygen in blood, premature aging	Sunflower seeds, sesame seeds
B17: Laetrile	May reduce cancer risk	Garbanzos, seeds of apricots & apples
Choline (Complex B)	Arteries, hair	Turnips, fruits
Inositol (Complex B)	Heart, brain	Citrus, nuts, raisins
C	Teeth, sex organs	Orange juice, tomatoes
D	Blood clotting, thyroid	Sunshine
E	Prevents sterility	Broccoli, oats
F: Linoleic Acid	Prevents cholesterol	Walnuts, butter
H: Biotin	Bone marrow, skin	Spinach, oats
Calcium	Teeth, heart rhythm	Broccoli, raisins
Iodine	Oxidation of fat & protein, regulates metabolism	Seaweed, bananas
Iron	Energy, hemoglobin	Legumes, dried fruit
Magnesium	Elimination, muscles	Kelp, legumes
Manganese	Sex hormones, urea	Oranges, carrots
PABA	Natural sunscreen	Leafy greens
Phosphorus	Bone, teeth, brain	Walnuts, wheat germ
Potassium	Elimination, kidneys	Almonds, legumes
Selenium	Testicles, tissue elasticity	Broccoli, garlic, onions
Sulphur	Blood purifier	Raspberries, nuts, lettuce
Zinc	Heal burns, prostate	Seeds, spinach, cornmeal
FIBER	Attracts water to digestive tract, binds cholesterol to feces	Fruits, vegetables

Caffeine, coffee, alcohol, heat, sugar, tobacco, and oral contraceptives are enemies of these vitamins and minerals.

Taken from Marilyn Diamond's The American Vegetarian Cookbook: from the Fit for Life Kitchen

## General Safety Tips

When working in this field it is important to take safety precautions and to be able to give clients safety tips. Often times doing things to **feel** safe are very important even if there are no guarantees.

### With Someone You Know

- Express yourself and expect to be respected.
- “No” does not mean “yes”. Only YES means YES.
- *Trust your instincts about possible danger.*
- Be willing to inconvenience others to ensure your own well being.
- Know about your date - name, address, and workplace.
- Meet new people in public places or as part of a group.
- Have your own money and transportation.
- Remember that it is difficult to *KNOW* someone on the Internet. Do not give out personal identifying information. If you agree to meet someone, remember the safety instructions given here.
- Rohypnol and GHB are two sedating drugs currently being used to perpetrate sexual assaults. These drugs, like others, are slipped into a drink and cause sudden drowsiness, memory loss, dizziness, and even death. Do not leave drinks unattended or take drinks that you have not witnessed being made.
- Look out for others as well as yourself.

### On The Street

- Walk at a steady, confident pace. Stay alert.
- Know where you are going.
- Avoid shortcuts, dark alleys, empty buildings, and vacant lots.
- Be prepared to run if necessary. Avoid shoes and clothing styles that make it difficult to run.
- Vary your routine.
- If you are being followed, make your follower aware that you know of his/her presence. Walk or run to a well-lit or well-populated area. Draw attention to yourself. If your follower is in a car, run in the opposite direction that the car is moving.
- Walk in the middle of the sidewalk, not too close to the bushes, alley entrances, doorways, and curb.
- Don't overload yourself with packages, bulky purse, or books. Keep one hand free.

### In Your Car or Using Other Transportation

- Always lock your car when leaving it, if only for a few minutes.
- Check the back seat and floor of the car before getting in to see if someone is hiding (even if the door was locked).

- Have keys in hand so you don't delay entering the car.
- Make sure all doors are locked when you are in your car.
- Raise the hood, lock yourself inside, and wait for the police if you have car trouble. If someone stops, do not lower the car window, but ask the person to go to the nearest phone and call the police.
- Always keep a car's length between you and the car in front at stop signs so you can't be hemmed in.
- If you see a motorist needing help, stop at the next phone and call police.
- Avoid isolated bus stops; stand away from the curb until the bus arrives.
- On a bus or train, sit close to the front. If someone bothers you, tell the driver.
- Ask the taxi driver or a friend to wait and see that you get into your building safely.

## **In Your Home**

- Install a peephole, deadbolt lock, and chain lock with long screws for the outside doors. Keep your doors and windows locked, even if you go out for only a few minutes.
- Windows need to have secure locks and frames. Have curtains or shades on all windows and close them all the way at night.
- Entrances, walkways, and garages should be well lit, as well as parking lots and stairwells.
- Trim the bushes and shrubbery around your home to prevent someone from hiding in them.
- Give an extra key to a neighbor rather than hiding it near your house. If your keys are stolen, replace the lock on the same day.
- If you live alone, consider using an initial or an extra name on your mailbox or phone listing.
- If you expect to come home after dark, leave a light on so you won't have to walk into a dark room.
- Have your keys ready when you return home so you can open your door quickly. If you notice something wrong, don't go inside. Go directly to a neighbor and call the police.
- Get to know your neighbors and develop a plan to alert them if you are in trouble.
- Never admit strangers to your home, even if they are in uniform. Ask for a badge or other identification and read it through the window, if necessary. Teach children not to open doors without checking with you first.
- If someone wants to make an emergency call, ask for the phone number and offer to make the call; don't let the person inside.
- Be alert to suspicious calls. Don't answer personal questions or give out information about your family or a neighbor. Report obscene phone calls to police or your phone company.

## **Risk Reduction**

Every situation is different. You do not have to physically resist the assault in order for it to be rape. However, if you choose to attempt to resist the assault you have options:

- **Distract:** Rapists often follow the same pattern and disruption may give you time to escape.
- **Dissuade:** Some survivors have been able to talk the potential rapist out of actually assaulting.
- **Resist:** Only you can make the decision to resist. If the rapist is armed, resistance will be almost impossible. Fighting may help you escape, but it may escalate the situation.