

9 Take time out for yourself.

If you can't look after yourself, you can't look after your children.

Ways you can help yourself:

- Let yourself feel your emotions fully. Do not judge yourself for having them. You will pass through each one.
- Take time out for you, do what feels nurturing for yourself i.e. take a hot bath, go for a walk, curl up in bed and read a book. You have a right to pamper yourself.
- Eat small, nutritious meals regularly, rest when you can, even if you cannot sleep and exercise to release tension. Treat yourself to a massage.
- To regain a feeling of control in your new environment: develop a daily routine; set and accomplish small goals each day; control where you go and who you are with so that you are safe.
- Find out about and use community resources for support: support groups; single parent support services, free community counselling services; recreational services; educational resources.
- Holidays and special occasions such as anniversaries can be especially hard times. It is important to establish new customs for yourself and your children. You can spend these times with close friends who are experiencing the same feelings and difficulties. Do something different. For example, organise a dinner or barbeque with friends or neighbours, or spend the holiday out of town.

A Woman's Guide to Reclaiming a Healthy Relationship. Tweed Shire Women's Service.

Have a check-up with your GP or local Women's Health Nurse. Your GP will know of emotional and medical supports available.

To find your local Community Health Service go to:
www.health.vic.gov.au/pch/commhealth/directory.htm

Women's Health Information Line at the Royal Women's Hospital 1800 442 007 www.thewomens.org.au

Women's Health Services cover Victoria. To locate your nearest service go to:
www.whv.org.au/publications-resources/health-information-links

Vic Health Services Commissioner 1800 136 066
An independent statutory authority to receive and resolve complaints about health service providers.
www.health.vic.gov.au/hsc/

National Association for Loss & Grief Vic 1800 100 023 www.nalagvic.org.au

Lifeline 13 11 14

Beyond Blue 1300 22 46 36 All calls and chats are one-on-one with a trained mental health professional, and completely confidential. www.beyondblue.org.au

Essential First Steps to re-establishing financial security - a booklet to assist you to re-establish your finances after leaving domestic violence. www.whealth.com.au/work_financial-abuse-project.html

