

Recovery Actions Checklist

Below is a list of things other survivors have done to help them seek help and heal after gender-based violence. Please reflect on these and plan to try some of these actions for your health and wellbeing.

Recovery actions	Comments and goals
Doing things good for my health	
Exercising and eating well	
Resting and relaxing my mind and body	
Creating and sticking to a routine	
Spending time alone	
Scheduling time for enjoyment	
Caring for my emotional and personal needs	
Sharing my gender-based violence experiences in healing spaces	
Engaging in activities that release strong emotions or feelings	
Communicating my needs and boundaries	
Recognizing and challenging harmful thoughts	
Expressing myself through writing or creative arts	
Finding or creating healing spaces where I can recharge	
Bringing beauty, strength and pride back into my life	
Taking needed space and breaks to heal	
Avoiding activities or spaces that are harmful to me	
Relating with others	
Asking for help and letting others help me	
Building and engaging with friends	
Volunteering/giving to others/giving back	
Connecting with loved ones and family	
Exploring new romantic relationships	
Finding way to play as a way to connect	
Ending communication with those who hurt me	
Finding community, safety, and justice	
Finding a community of survivors	
Sharing my story publicly	
Using trauma-related services/education	
Volunteering at trauma service center	
Learning about/engaging to promote human rights	
Reporting to police/authoritative body	
Preparing for legal action/gathering evidence	
Taking legal action to protect yourself, children, or property	
Taking actions to improve my feelings of safety and security	
Finding peace, joy, and contentment	
Practicing religion; engaging in my faith; praying; connecting with a higher power	
Being in nature/finding beauty in nature; gardening	
Practicing being mindful/fully present; Breathing deeply/consciously	
Finding times to be playful/silly/ laugh/have fun	
Practicing gratitude/acceptance/self-acceptance	
Building a new future	
Trying something new that is inspiring or challenging	
Creating a vision for the future (e.g. long-term goals)	
Preparing with training or education	
Organizing your space	
Applying for financial support/jobs	
Setting goals; taking small steps; celebrating small victories	