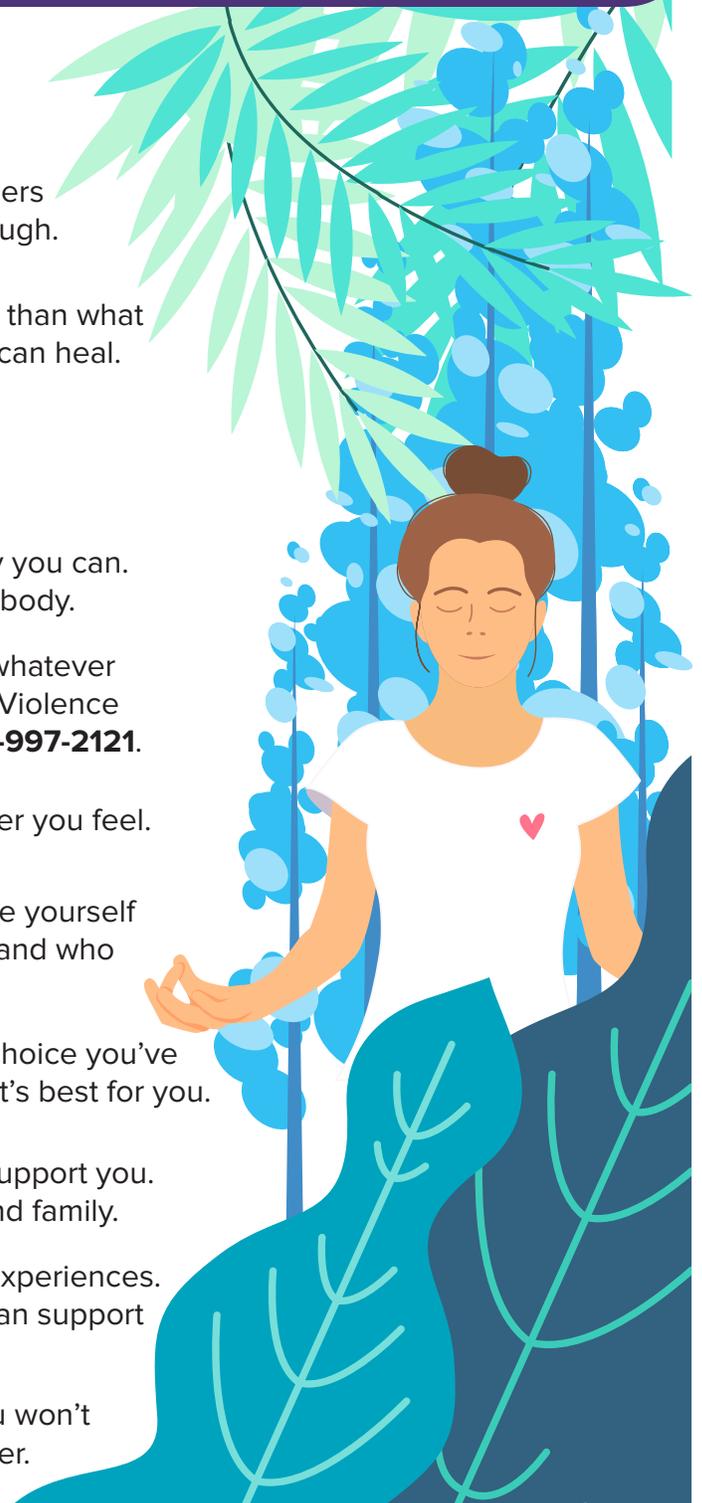


Resiliency Reminders for Victims of Domestic Violence

- 1 Remember that you are smart, strong and brave. Every decision you have made has helped you survive.
- 2 Know that **you are not alone**. Millions of others have gone through what you are going through.
- 3 Talk about your experiences—you are more than what you have been through. You can grow. You can heal.
- 4 Be gentle with yourself. **Healing takes time** and some days will be better than others.
- 5 Take care of your physical health in any way you can. Get plenty of sleep. Drink water. Move your body.
- 6 Remember people want to support you, in whatever way you need. Reach out to NYS Domestic Violence resources: **Call 800-942-6906 or Text 844-997-2121**.
- 7 Be kind to yourself. It is okay to feel whatever you feel.
- 8 Rediscover things that make you happy. Give yourself space and time to learn about who you are and who you want to be.
- 9 You will learn to trust yourself again. Every choice you've made has been for a reason. You know what's best for you.
- 10 Spend time with the people who love and support you. Rebuild healthy relationships with friends and family.
- 11 Get help from those who understand your experiences. Advocates, counselors, and professionals can support you as you heal.
- 12 Have hope. It won't always be this hard. You won't always feel like this. One day, it will get better.



Office of
Mental Health

Office for the
Prevention of
Domestic Violence

NYS Domestic Violence Hotline
Call: 800-942-6906/Text: 844-997-2121