



Sexual Assault Response Services *of Southern Maine*

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POSITIVE COPERS

The following is a list of suggestions designed to help you cope with your feelings around sexual assault. Some of them may not be exactly for you, but many are worth a try. Taking care of yourself during this very difficult time is a top priority. Always remember that you are an important human being and that you deserve to be treated with dignity, respect and compassion. Self-care is often the first step towards healing and recovery.

DIVERSIONS:

Getaways: Spend time alone, see a movie, daydream

Hobbies: Write, paint, remodel, create something

Learning: Take a class, read, join a club

Music: Play an instrument, sing, listen to the stereo

Play: Play a game, go out with friends

Work: Tackle a new project, volunteer

FAMILY:

Togetherness: Take time together, build family traditions, express affection

Conflict Resolutions: Look for win/win solutions, forgive as soon as possible

Esteem-Building: Build good family feelings, focus on personal strengths

Flexibility: Take on new family roles, stay open to change

Networking: Develop ties with other families, use community resources

Help, Hope, and Healing

INTERPERSONAL:

Affirmation: Change negative self-talk into positive statements

Assertiveness: State your needs and wants directly, say “no” respectfully

Contact: Make new friends, touch, really listen to others

Expression: Show feelings, share feelings

Limits: Accept others’ boundaries, drop relationships that aren’t healthy

Linking: Share problems with others, ask for support from family and friends

MENTAL:

Imagination: Look for humor

Life Planning: Set clear goals, plan for the future

Organizing: Take charge, make order, don’t let things pile up

Problem-Solving: Seek outside help, tackle problems head on

Re-labeling: Change perspectives, look for the good in a bad situation

Time Management: Focus on top priorities, work smarter, not harder

PHYSICAL:

Exercise: Pursue physical fitness- jog, swim, dance, walk

Nourishment: Eat for health, limit use of alcohol, quit smoking

Relaxation: Tense and relax each muscle, take a warm bath, breathe deeply

Self-Care: Energize your work and play, listen to your body, strive for self-improvement, know your physical limitations

Stretching: Take short stretch breaks throughout the day