The *My Healing, My Choice* colouring book was created for survivors and those that care for them.

This colouring book was created collaboratively through the Consent is Golden program out of the Office of Dispute Resolution and Sexual Violence Support. We want you to print these pages and share them. Remember to tag @Consentisgolden when you post your coloured pages online!

We created this colouring book to act as a reminder that each person reacts differently to gendered and sexual violence and there is no right or wrong way to cope with, or to feel about, your experience. We hope you are able to connect with the colouring pages and self-care tips that feel good for you and move past the ones that don’t.

Your healing. Your choice.

“Caring for myself resists everything I’ve been taught about not being worthy enough.”

– Methods of Self Care

Self-care is about taking care of ourselves - physically, mentally, emotionally, and spiritually. It is about (re)learning how to be gentle with ourselves and how to attend to our needs. Self-care is crucial for our survival, wellbeing, and growth, especially after experiencing harm. You deserve radical care and love. Remember that, like healing, self care is a non-linear practice. What you need will change and grow at different times and in reaction to different things.

We’re glad you found this colouring book. It was created for you!

We believe you. You are not alone.

You can reach out to us:

Email svinfo@wlu.ca
Follow us on social media @Consentisgolden
Find out more information through our website students.wlu.ca/wellness-and-recreation/gendered-violence-prevention-and-support

This calendar is dedicated to all of the survivors who have trusted us with their stories. Thank you.

We also thank our Consent Comes First Office colleagues at Ryerson University for giving us the idea to create a colouring book for survivors. We appreciate you!
MY HEALING
MY CHOICE
a colouring book by

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24 HOUR SEXUAL ASSAULT CRISIS AND SUPPORT LINES
WATERLOO: 519.741.8633
BRANTFORD: 519.751.3471
what are 3 things that bring lightness into your life?

1. 

2. 

3. 

[Flower illustration]
YOU ARE NOT BROKEN
self care tip - go to the basics

drink a glass of cold water, brush your teeth, take a shower, wash your face with cold water, get dressed, stretch or move your body, develop a plan to stay consistent with your meds and supplements, and eat in a way that energizes your body and supports your unique digestive system.
YOU ARE ALLOWED TO CHANGE
You know yourself better than anyone else. List 5 things that you know you need:

1. 

2. 

3. 

4. 

5. 
I know what I need more than anyone else.
**self care is what you do & what you don't do.**

what are some self care actions

that you want to remember to do and the ones

you want to remember to avoid when you are struggling?

<table>
<thead>
<tr>
<th>remember</th>
<th>avoid</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>
list the people in your life who will listen to you, support or distract you:

1. 

2. 

3. 

4. 

5. 
YOU ARE NOT ALONE
self care tip - movement and healing

dance (even if it's unskilled!), go for a walk or a run, workout, do yoga, stretch, run upstairs and downstairs a few times, put your hands on the wall and try to push it away as hard as you can, use bilateral stimulation- like juggling or playing air drums, or jump- maybe with an imaginary jump rope.
IT WAS NEVER YOUR FAULT
list 3 things you are grateful for, no matter how small:

1. 

2. 

3. 

CONSENT IS GOLDEN
Your circumstance does not define your worth.
self care tip - use water

have a sip of cold water,
submerge your face in cold water,
splash water on your face,
suck on an ice cube,
or put a cold wet wash cloth on
your arms and face.
WE BELIEVE SURVIVORS
write yourself a thank you note:
YOU ARE MADE OF STARDUST
make a list of reminders for when you’re feeling down, isolated or unwell:

1. _____________________________________________

2. _____________________________________________

3. _____________________________________________

4. _____________________________________________

5. _____________________________________________
Healing is a spiral
not a line
Self care tip - 4-7-8 breathing

Breathe in through your nose for 4,
hold your breath for 7,
exhale through your mouth for 8.
This helps to regulate your
breathing and your heart rate.

The elongated exhale is really
important in breath regulation.
MY HEALING
MY CHOICE
self care tip - patting your body

pat yourself all over,
to point out to yourself where your edges are.

sense into the feeling of having edges,
the place where you end
and the rest of the world begins.

- peter levine,
self holding exercises for sufferers of ptsd
YOU DESERVE

SUPPORT AND SOLIDARITY
self care tip - connect with nature

open a window, listen to the wind or the birds,
go for a walk, put your feet in the dirt,
lay in the grass, hug a tree,
go outside and feel the sun on your skin,
find moving water- listen to it and feel it.
YOU ARE ALLOWED TO REST

IT'S NOT SOMETHING YOU HAVE TO EARN
you are so resilient.

list 3 times you've proved this to yourself:

1. 

2. 

3. 

[Tree illustration]
I AM SO RESILIENT
self care tip - using touch and co-regulation

hug or sit next to someone who brings you comfort,
cuddle or stroke a pet,
touch nature, put your bare feet in the dirt or lay in the grass, wrap your hands around a mug of something warm,
hug yourself or a pillow tightly,
use a weighted blanket or pile a bunch of blankets on top of you,
take a shower or a bath noticing how the water feels on your body, or try tapping techniques
END RAPE CULTURE
CONSENT IS golden

need support? reach out
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