



SEXUAL  
ASSAULT

healing  
activity

BOOK



This activity book has a variety of exercises to help survivors learn more about healing after trauma. You are encouraged to color inside or outside the lines.

Engaging the creative parts of your brain, through coloring, song, dance, writing or other artforms can help to decrease stress and process trauma.

# LaFASA

Louisiana Foundation Against Sexual Assault

LaFASA is the coalition of sexual assault agencies across Louisiana. LaFASA is committed to empowering survivors, engaging advocates, and changing systems and social norms in order to end sexual violence in Louisiana. We envision a world free of all forms of oppression that enable rape culture and sexual violence.

Louisiana Foundation Against Sexual Assault  
2133 Silverside Drive, Suite A 70808

Sexual assault agencies provide a 24-hour crisis hotline, information and referrals, free counseling, legal advocacy, and more.

Visit our website for more information  
or call our hotline for help 888.995.7273.

[www.lafasa.org](http://www.lafasa.org)

# self care

Trauma can have a serious impact on the body and mind. People who have experienced trauma may struggle with depression, anxiety, Post-traumatic Stress Disorder (PTSD), substance abuse, or have trouble eating and sleeping. It is important to take care of yourself, especially after an assault. Self-care can include taking care of your body by getting plenty of sleep, eating healthy, and exercising.



# self care

Other forms of self-care help your mind and help you process emotions, such as creating art, talking to a friend, reading a book, or spending time with a pet. Self-care is not a luxury, but a vital tool in survival.



# self care

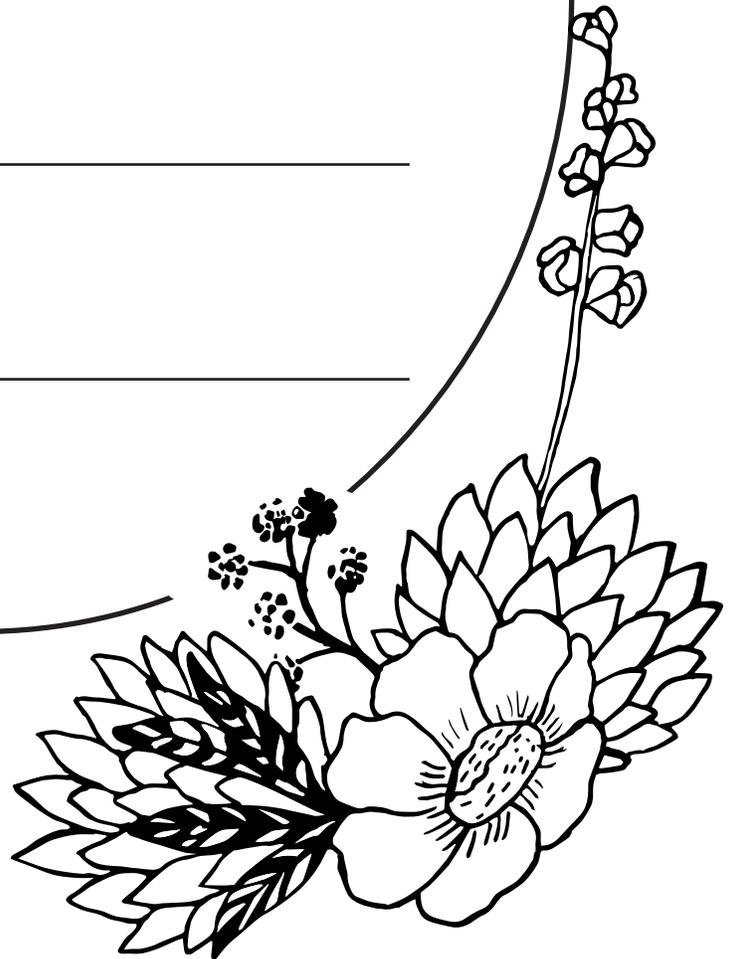


What are 3 ways you take care of yourself?

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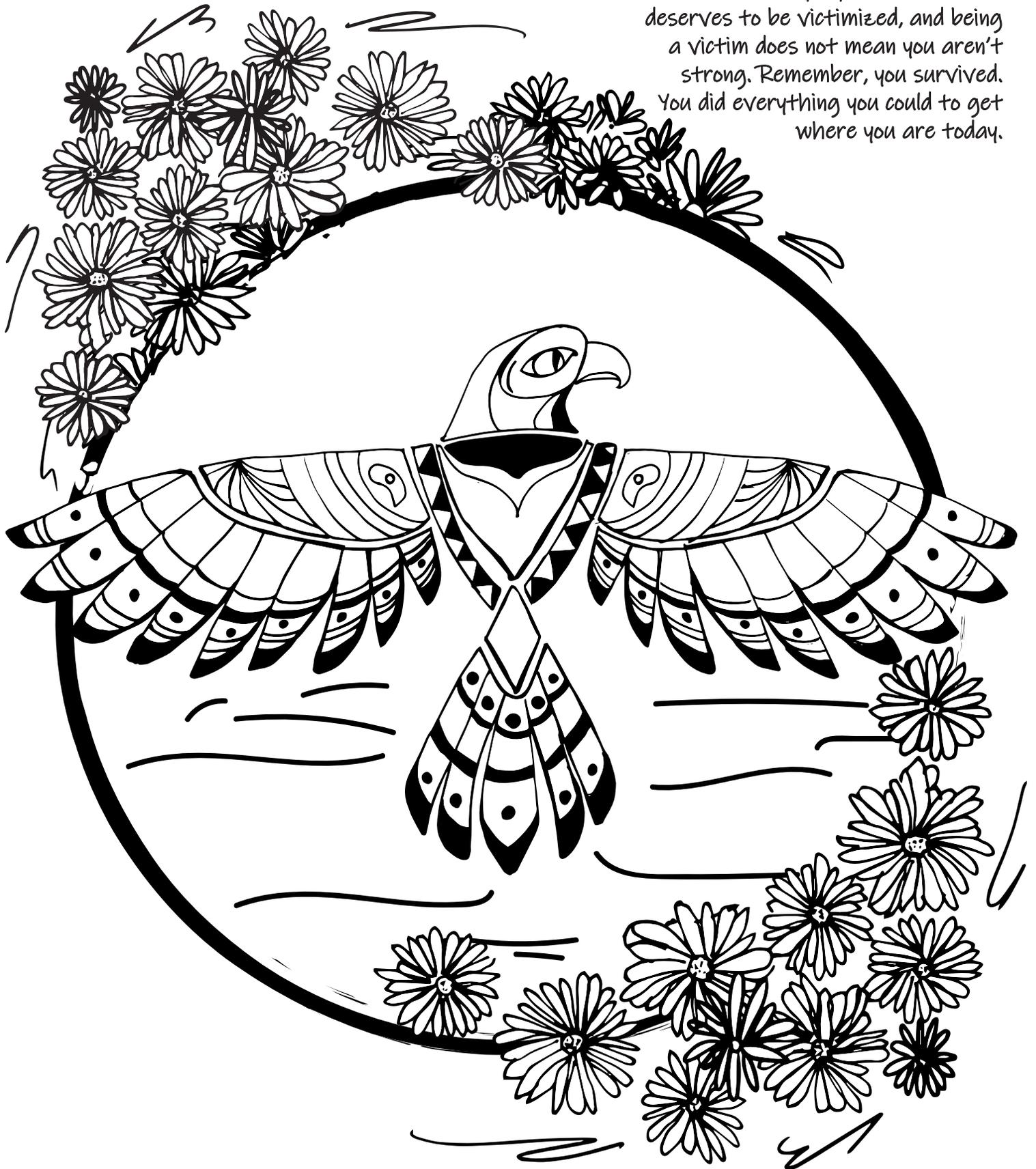
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# resilience

The only person to blame for sexual assault is the perpetrator. No one deserves to be victimized, and being a victim does not mean you aren't strong. Remember, you survived. You did everything you could to get where you are today.

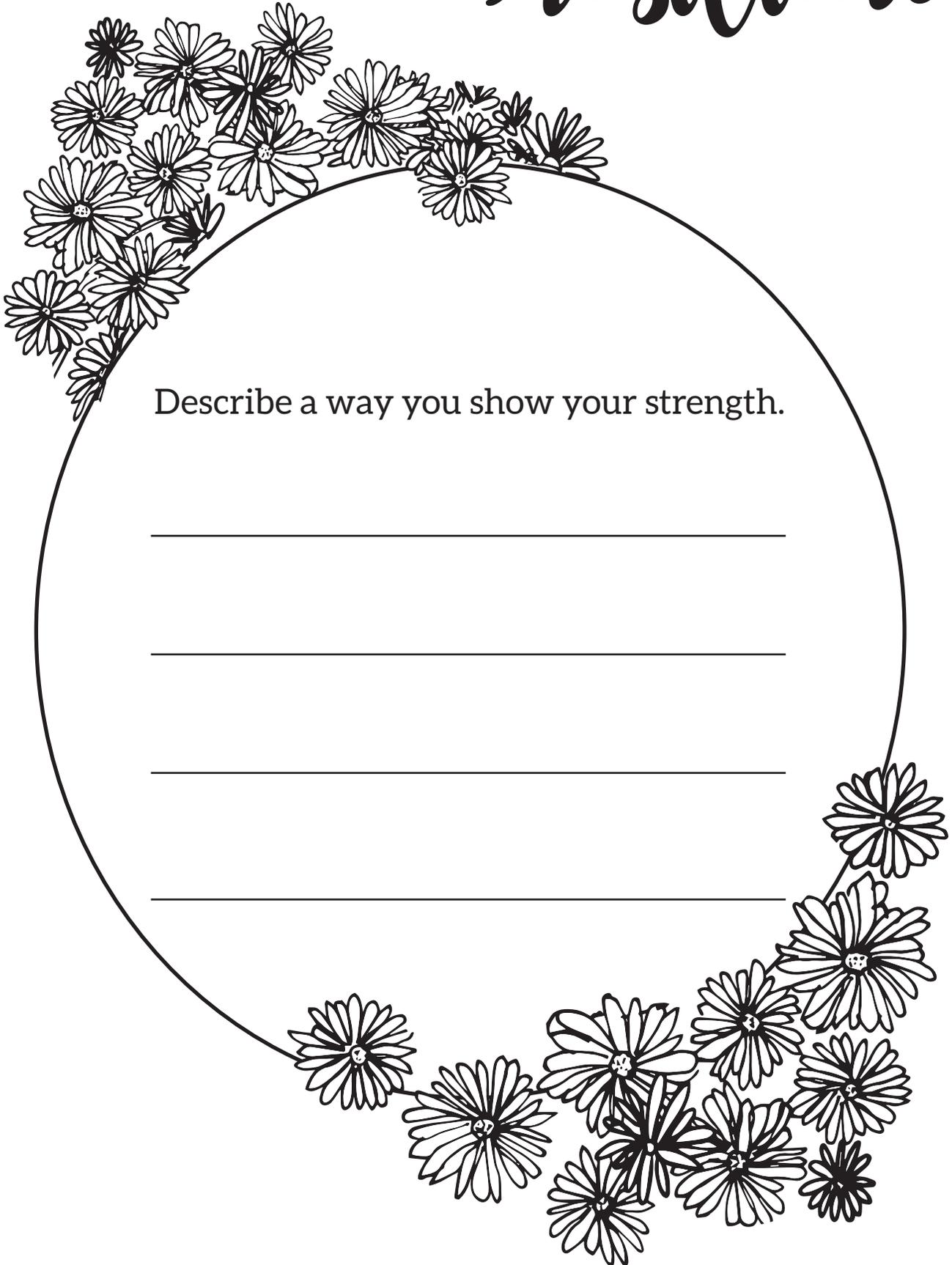


# resilience

Survivors are brave, and their strength  
in the face of great pain is inspiring.



# resilience



Describe a way you show your strength.

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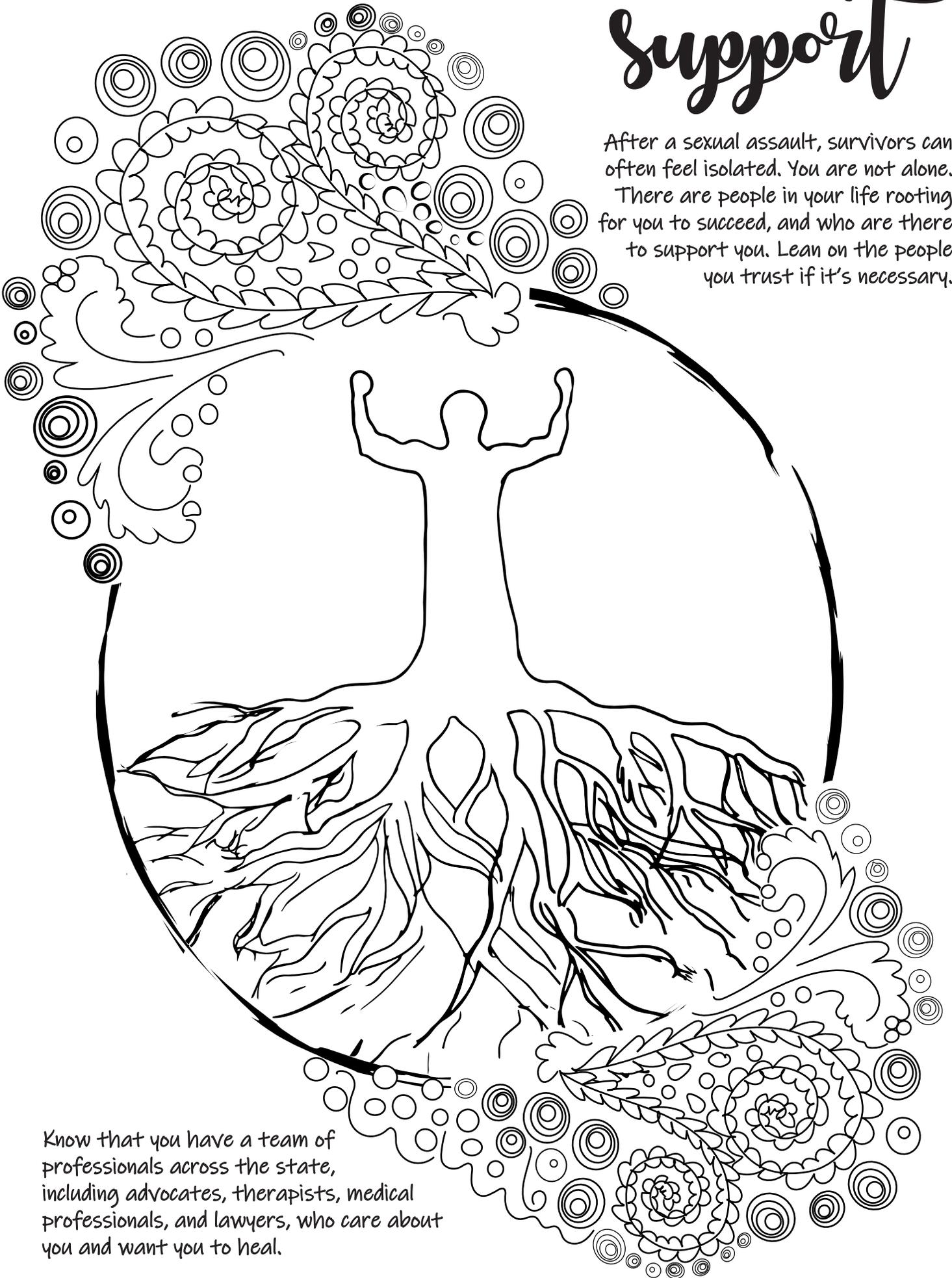
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# Support

After a sexual assault, survivors can often feel isolated. You are not alone. There are people in your life rooting for you to succeed, and who are there to support you. Lean on the people you trust if it's necessary.



Know that you have a team of professionals across the state, including advocates, therapists, medical professionals, and lawyers, who care about you and want you to heal.

# Support

Name 3 people you can contact  
when you need support.

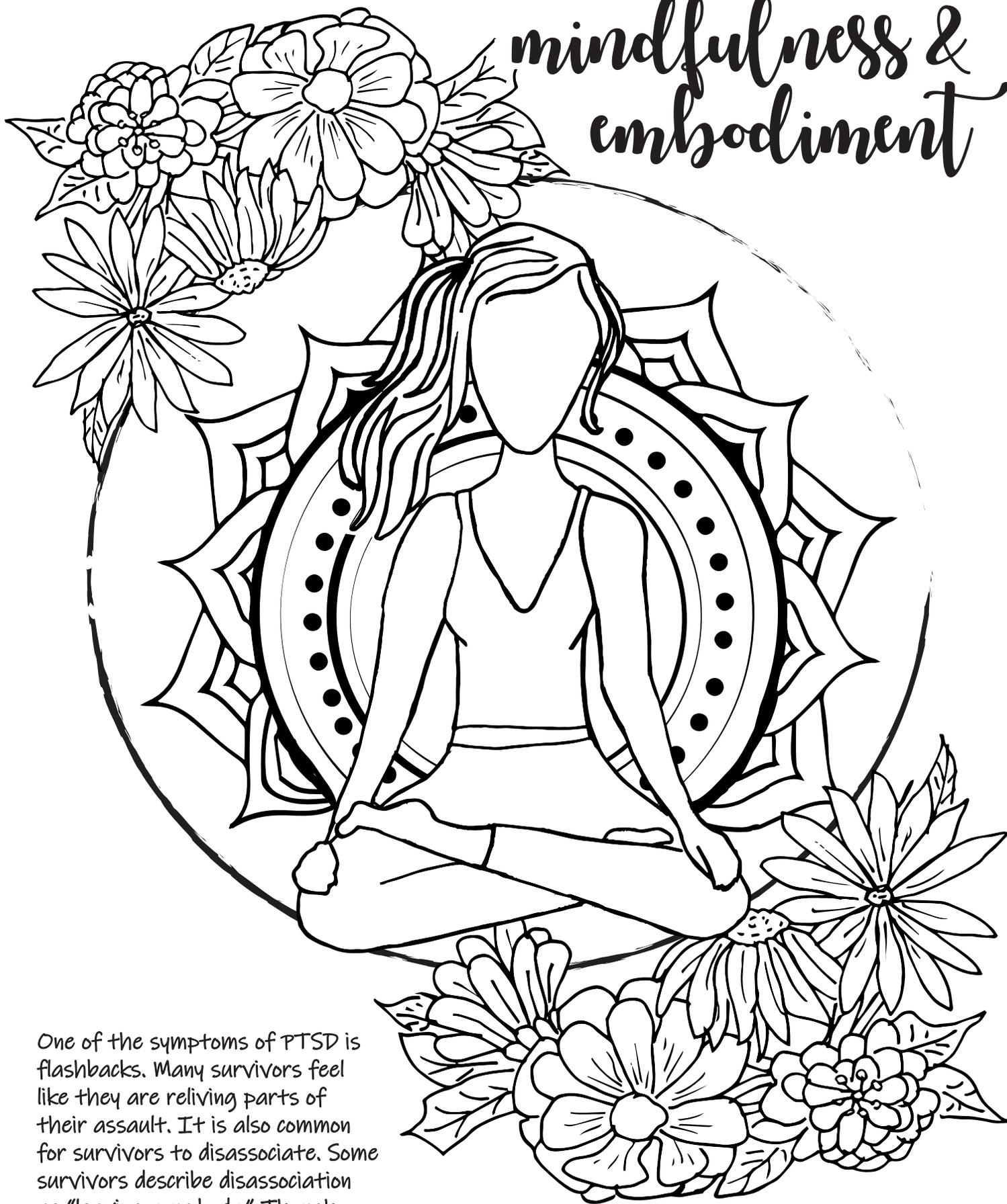
*(This can include an advocate or a hotline.)*

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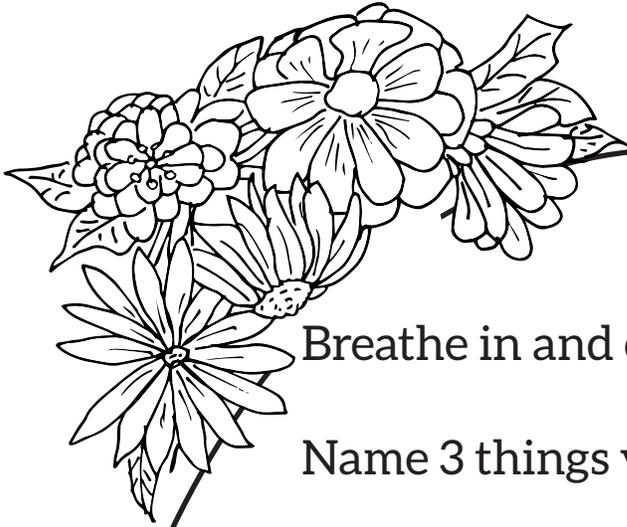
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# mindfulness & embodiment



One of the symptoms of PTSD is flashbacks. Many survivors feel like they are reliving parts of their assault. It is also common for survivors to disassociate. Some survivors describe disassociation as "leaving your body." Though disassociation is a useful tool to survive an assault, it is harmful when you are trying to have a normal relationship with your body.

# mindfulness & embodiment



Mindfulness, such as this grounding exercise, helps you to get back in touch with your body and connect to the present moment. Use this exercise when you are feeling anxiety, dissociating, or experience a flashback.

Breathe in and out slowly 3 times.

Name 3 things you see:

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Name 3 things you smell:

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Name 3 things you hear:

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Name 3 things you feel:

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# you

Every survivor is  
complex and unique.  
Sexual assault does  
not define you.



# you

Draw a portrait of yourself. Perhaps include your passions, things and people you love, your background, and things that make you proud.



There is no right or wrong way to feel after being sexually assaulted. Your reactions may be more difficult to manage at certain times. Remember, this is normal, and these reactions can diminish with time.

You CAN heal.



Follow LaFASA  
on social media.



The opinions, findings, and conclusions or recommendations expressed in this book are those of the author(s) and do not necessarily reflect the views of the Department of Justice or LCLE. This project was supported by Subgrant Number 2016-VA-01-3778 awarded by the Louisiana Commission on Law Enforcement through the Office for Victims of Crime, Office of Justice Programs.

