

Self care

What is self care?

- Self care is the way you look out for your own needs. These needs can be emotional or physical.
- Self care looks different for all people.
- The main thing is that you do what will make you feel safe and supported.
- Having an abortion can be a hard choice. We want to make sure that you take care of yourself.



Here are some ways to care for yourself before, during and after your abortion. Many people find different things helpful. Try a few to see what works for you.

Before

- Buy some pads.
- Have a clean, comfy outfit ready to relax in.
- Get your favorite comfort foods.
- If you can, ask someone to come with you. Someone you will be happy to see after your abortion.

During

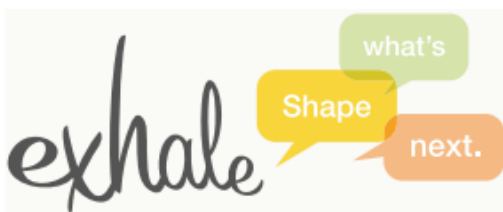
- Talk to the doctors and nurses if you're feeling nervous.
- Take lots of big, deep breaths. In through your nose for three seconds, and out slowly through your mouth.
- Close your eyes and picture a person you love or a place that makes you feel safe and happy.

After

- Listen to your favorite songs.
- Take naps and get some rest.
- Cuddle your pets.
- Talk to someone you love.
- Take a nice walk in a park or around your neighborhood.
- Watch something that makes you laugh.
- Sip some tea or other warm drink.
- Be kind to yourself, you deserve it.



You always have the chance to talk to someone about your feelings before or after your abortion. A counselor at All-Options will listen and give you support.



**Talkline: 1-866-4-EXHALE
1-866-439-4253**