



Dear Resilience Community,

We understand that the news and graphic images coming out of Israel and Gaza, along with other traumatic events and disasters taking place in the world, may be deeply distressing and triggering for many survivors of sexual violence in our community. At Resilience, our commitment to your well-being is unwavering, and we want to ensure that you have the support you need during these challenging times.

Here are some essential strategies to keep your well-being in focus:

1. Normalize Your Reactions: It's important to recognize that stress reactions following incidents like mass violence, natural disasters, or trauma are entirely normal and valid. You are not "weak" or unusual for experiencing distress in response to such events.

2. Acknowledge Your Emotions: We encourage you to recognize and validate the fear and anxiety you may be feeling, as well as the concerns of your loved ones. Having strong emotions and legitimate fears following tragic and unsettling circumstances and events is a natural response.

3. Seek Support: Don't hesitate to reach out to others for assistance and connection. Whether through virtual support groups, in-person support groups, individual therapy, or employee assistance programs (EAPs), support is available to help you navigate these challenging times.

If you're in need of immediate assistance, you can call the Chicago Rape Crisis Hotline 1-888-293-2080.

4. Practice Deep Breathing: According to mental health experts, rhythmic breathing is a good stress-reducing exercise that soothes the nervous system, and it is easy to practice. [Click here for a brief breathing and mindfulness exercise.](#)

5. Limit Your Exposure to News and Social Media: Routine exposure to reports of disasters or traumatic incidents can elevate stress and anxiety levels, and trigger flashbacks, leading some individuals to repeatedly relive events. To alleviate this, consider limiting the time spent watching or listening to the news and/or filtering your content, temporarily blocking yourself from accessing specific news sites, and removing any necessary apps on your phone.

The following resources may be helpful:

- [Let's Get Grounded](#) suggests activities and tips survivors can use for physical, mental, and soothing grounding to help manage overwhelming feelings and reorient themselves to the present moment.
- [Seven Ways Survivors of Sexual Violence Can Practice Self-Care When Retraumatized During Tragedy.](#)
- [Self-Care in a Time of Distress and Continuous Crisis](#)
- [Feeling Safe in Your Body and Mind: A Guide for Survivors of Sexual Violence](#)



RESILIENCE
EMPOWERING
SURVIVORS
ENDING SEXUAL
VIOLENCE

- Student's Guide for Radical Healing consists of activities like journaling, yoga, meditation, hiking and nature, sex and pleasure activism, therapy, crystals, and other healing modalities and resources for survivors of trauma.

Our commitment to survivors is reflected in the diverse programs and services we offer. Whether it's crisis intervention, trauma therapy, group support, advocacy, or workshops, all our services are free of charge.

Remember, you are not alone, and seeking support and employing some of the strategies these resources offer may help you navigate through these challenging times. At Resilience, your well-being is of utmost importance, and we are here to support you every step of the way.

Info@ourresilience.org
312-443- 9603
ourresilience.org