

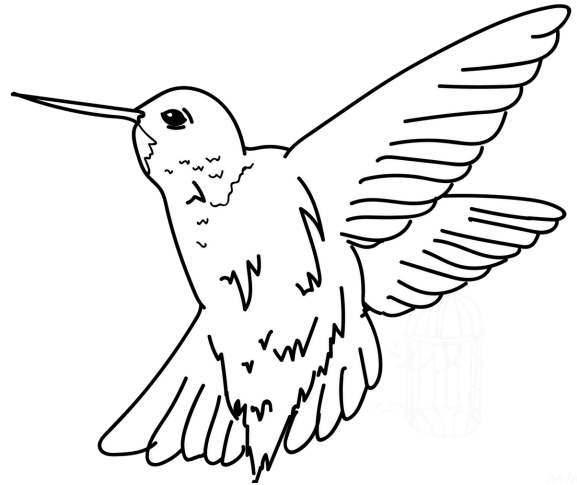


COLOURING
FOR
HEALING

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A COLOURING AND ACTIVITY BOOK FOR HEALING FROM GENDER-BASED VIOLENCE

This colouring book was created to support survivors on their journey towards healing. Survivors cope in different ways and everyone's path looks different. You decide what healing looks like for you.

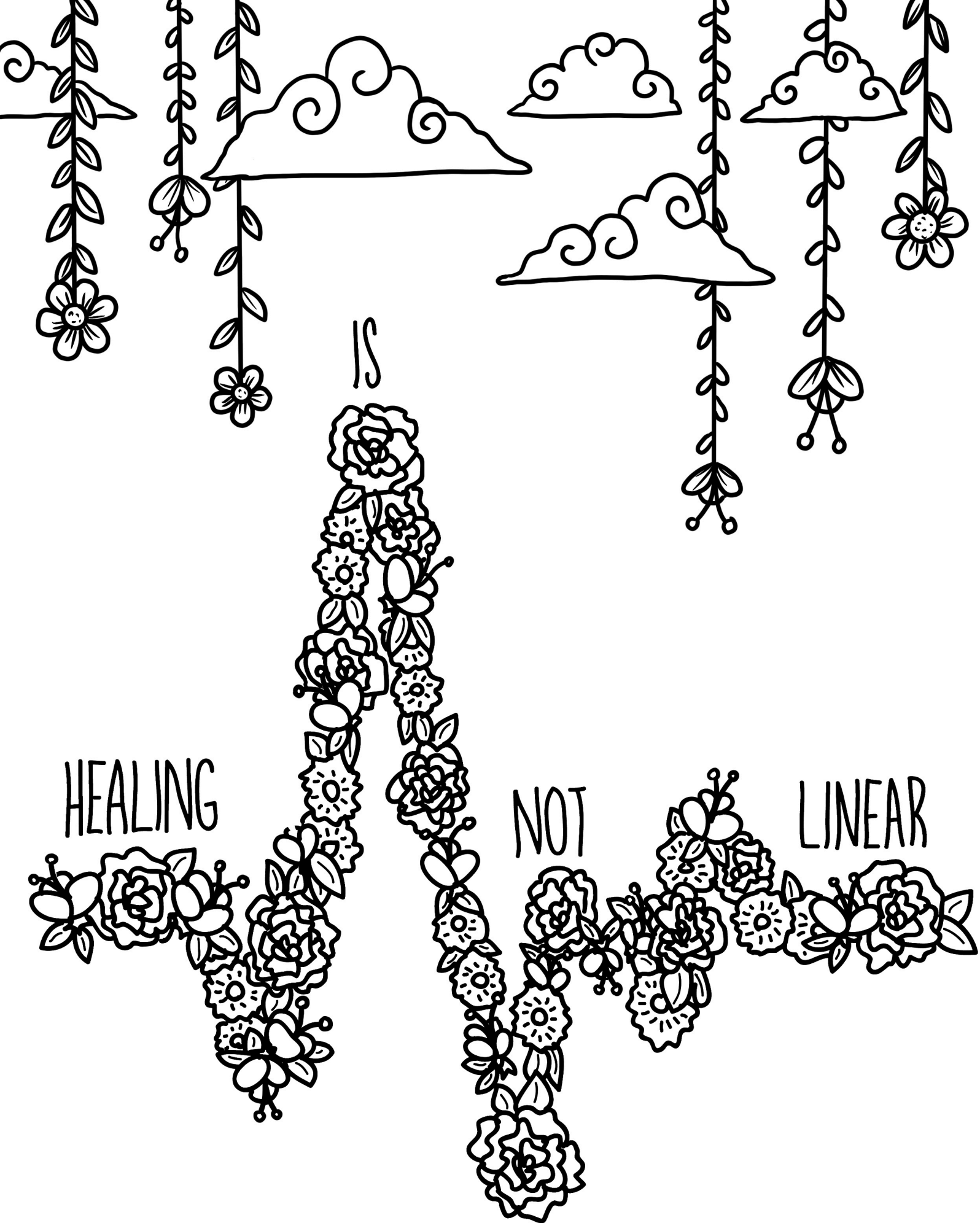


The simple act of colouring can be calming and grounding. Colouring can provide an outlet for exploring emotions and can help you to focus on the present moment. Through these pages and exercises we want you to know that you are not alone and hope you find this resource to be a helpful aid.

If you are needing support after an experience of gender-based violence, Western University has trained professionals to offer emotional support, resources, referrals and system navigation. Students can connect with a Gender-Based Violence & Survivor Support Case Manager by emailing support@uwo.ca. You can also contact Anova's 24/7 Crisis & Support Line at 519-642-3000.

The illustrations in this colouring book were created by Frizz Kid

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GROUNDING EXERCISE

- 1 Sit up straight and tall. Breathe slowly and deeply.
- 2 Place your feet on the floor and relax your shoulders. Dig your heels into the floor and imagine they are roots connecting you to the ground.
- 3 Wiggle your toes then curl and uncurl them several times.
- 4 Stretch forward, extending your arms and fingers as far out as you can. Clench and release your fists. Repeat this several times.
- 5 Press your palms together and hold this pose for 15 seconds. Pay attention to the tension in your hands and arms.
- 6 Reach your hands over your head like you're trying to reach the sky. Hold this pose for 5 seconds then bring your arms down and relax them at your sides.
- 7 Take another deep breath to end this exercise.



TRAUMA CASTS SHADOWS.
BUT YOU ARE LOVE
& YOU ARE LIGHT



CALMING 5 FINGER BREATHING

Slowly trace the outside of your hand with the index finger, breathing in when you trace up on a finger and breathing out when you trace down on a finger.





YOU DESERVE

A SAFE SPACE

SAFE PLACE EXERCISE

Think of a place real or imaginary where you would feel stress-free, calm, relaxed, and happy. What would your safe place be? **What is your safe place called:**

Look around you what do you see? Concentrate on colours, shapes, and other visual elements.

To the left:

Directly in front of you:

To the right:

Concentrate on the sounds. What do you hear?

What kind of smells are there in your safe place?

Do you have anything with you to eat or drink? What do you taste?

What are the physical sensations you are feeling on your body?

What does it feel like emotionally to be in your safe place?

From now on whenever you are in distress or feel the need, you can return to your safe place. The details do not always need to be the same. You can mix up the location, time of day, activity you are doing, etc.

THANK GOODNESS
FOR OUR JOY AND RESILIENCE



SELF-LOVE PLAN

a.) People I can call who freely and openly give me positive support are:

b.) Healing from trauma can take a toll on your body. It's important to take care of your body and your mind

- Activities I can do to rest are:
- Activities I can do to move my body are:

c.) Things we read, watch, and hear can have an impact on your wellbeing

- Some social media accounts that make me feel good are:
- Some shows and movies that uplift me are:
- Some podcasts, books, and magazines I enjoy are:
- Spaces that uplift me are (eg. the gym, being outside, coffee shops):

d.) Give yourself permission to be angry and find creative ways to express it, some way I may do that are...

e.) What positive affirmations can I give myself to remember my inherent value...

DON'T FORGET
TO HOLD SPACE FOR YOURSELF



HOW TO CREATE A SELF-CARE PLAN

- Determine which activities bring you joy, replenish your energy, and restore your balance.
- Start small by choosing one behavior you'd like to incorporate into your routine in the next week.
- Build up to practicing that behavior every day for one week.
- Reflect on how you feel.
- Add in additional practices when ready.
- Practicing self-care doesn't need to be a heavy lift right out of the gate. You can start by setting aside 20 minutes a day!

SOMETIMES
IT'S OK

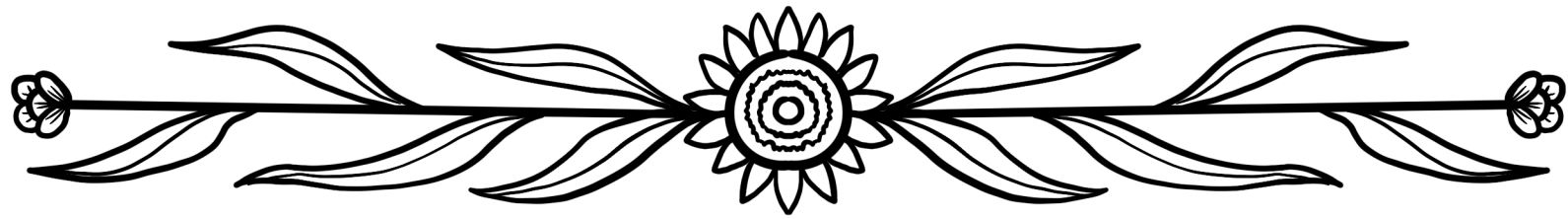
TO DO NOTHING
AT ALL



CONTAINER EXERCISE

If you have overwhelming emotions or physical sensations that are too much to process all at once, try “containing” them.

1. Imagine a container that is big enough and strong enough to hold all your feelings and distressing sensations eg. a safe, a box, a drawer, a shipping container. Describe the container. What does it look like? What is it made of? What makes it safe and secure?
2. Pour your distressing emotions and thoughts into that container. Make sure you get them all in.
3. When they are all in, find a way to lock that container up and make it secure. Picture your container in a safe and protected space where you feel it is secure but out of reach eg. a shelf, a room, on the balcony
4. Understand that this container is always accessible to you. Whenever you feel prepared to address those challenging thoughts and emotions you can come back to it. This may be helpful to do with a therapist or support person who can help you bring the contents out a little at a time.
5. If anything new triggers you into big, distressing feelings, or a flashback, you can send all those feelings into the container, as well.
6. Be gentle with yourself, it's okay to set aside difficult emotions temporarily. You can address them when you feel ready and supported.



IT'S OK TO ASK FOR HELP



GROUNDING AFFIRMATIONS

Create a few grounding statements that comfort you. You can write these on a piece of paper or in the notes section of your phone so you are able to carry them with you. You can write in colour or draw images that represent comfort, strength or safety to you.

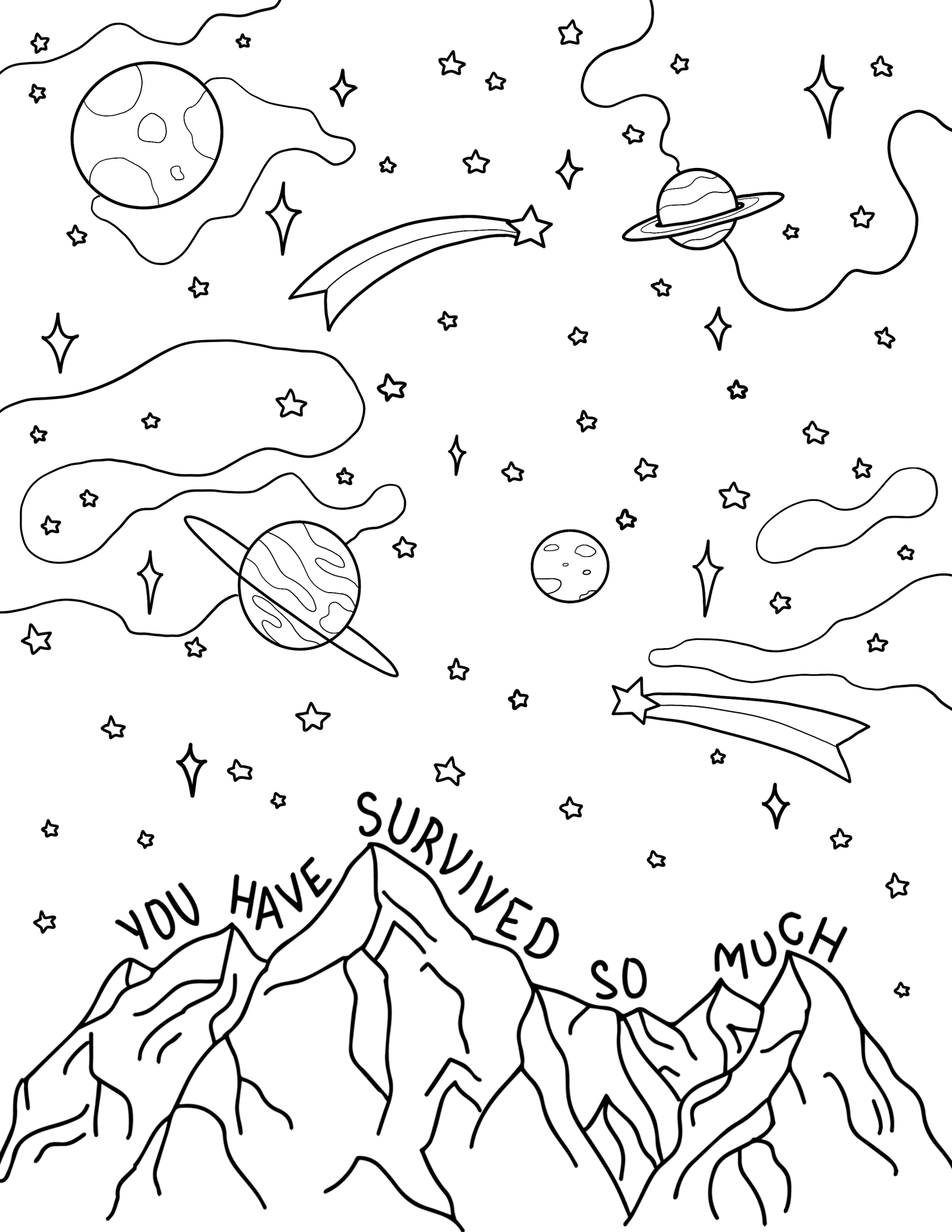
Example: I matter and I deserve healing.

HAVE YOU BEEN KIND TO YOURSELF TODAY?
HAVE YOU BEEN KIND TO OTHERS TODAY?



WORDS OF COMPASSION

Be gentle with yourself. It is often easier to find compassion for the people we care about than for ourselves. If someone you cared about was struggling what words of support would you share with them?



YOU HAVE SURVIVED SO MUCH

FLASHBACK HALTING PROTOCOL

Right now I am feeling _____
(describe your current emotion e.g. 'scared')

And I am sensing in my body _____
(describe your current bodily sensations, e.g. 'pounding heart', 'tight chest')

Because I am remembering _____
(name the trauma by title only - no details, e.g. 'being hurt')

At the same time, I am looking around where I am now, in _____ here

(name the place where you are)
(the actual current year)

And I can see _____
(describe some of the things that you see right now, in this place)

And so I know _____ is not happening now or anymore.
(name the trauma by title only again)

Give yourself some time to recover, as flashbacks can be an intense experience. This could mean taking a nap, drinking some tea, or calling a support line or a supportive person in your life.



YOU DESERVE TO SURROUND YOURSELF
WITH PEOPLE WHO TREAT YOU WELL



DISTRACTIONS

When you need a distraction try to list as many items as you can in a category
eg. Names that begin with "A" and continue through the alphabet, dog breeds,
TV shows

ARTIST HIGHLIGHT:

Hana Shafi is a writer and artist who illustrates under the name **Frizz Kid**. Both her visual art and writing frequently explore themes such of mental health, anti-fascism, body politics and more—all with a healthy dose of weird silly fun! Her first book, *It Begins With The Body*, was selected by CBC books as one of the best poetry books of 2018. *People You Know, Places You've Been*, a compilation of poetry and illustrations, is her third book published by Bookhug Press (October 2023), and is out in stores now.

Find her on Instagram @frizzkidart

