

Ask your Victim Support worker about our wellbeing diary sheets. They could help you reflect on how you're doing.

Remember, if you feel like you'd like some additional support, our door is always open.

My local Victim Support contact:

We are an independent charity offering free, confidential support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using Next Generation Text (add **18001** before any of our phone numbers)
- Online: **victimsupport.org.uk**

To find out how you can help us, visit **victimsupport.org.uk/get-involved**

victimsupport.org.uk

 VictimSupport  @VictimSupport

Registered office: Victim Support, 1 Bridge Street, Derby DE1 3HZ

T: 020 7268 0200 Next Generation Text: 18001 020 7268 0200 Registered charity no. 298028

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Improve your wellbeing after crime Five simple steps



www.victimsupport.org.uk



Crime can have a significant impact on us. Normal everyday life is often disrupted and we can be left feeling not quite like ourselves.

Everyone reacts differently, but it's important to remember you're not on your own. Victim Support is here to help.

Four in five people say their emotional wellbeing was affected after a crime, but we know that with lots of practical things to sort, improving our wellbeing isn't always a priority. However, there are a number of easy steps you can take that can make a real positive difference to how you feel.

We've called these the 'Five steps to wellbeing':

Step one: Connect with others

Taking the time to connect and engage with other people can really help improve how we feel. As well as keeping in touch with friends and family, research shows that we can also benefit from reaching out into our wider community. This might be joining a sport or drama club or volunteering in your local area.

Think about the week ahead. What could you do to connect with others?



Step two: Be active

Our mind and body are closely connected and keeping physically active can improve our mental wellbeing. This doesn't necessarily mean dragging yourself to the gym every day. It could be taking the dog for a walk, dabbling in a spot of gardening, or having a kickabout with the kids.

How could you get more active?



Step three: Try something new

Take the step to try something new. It could be as simple as trying out a new recipe or challenging yourself to learn a new language. Research shows that by carrying on learning throughout our lives we boost our self-esteem and increase our ability to cope with stress.

Set yourself a challenge! Is there something new you would like to learn?



Step four: Give to others

No matter how small the act of kindness, many people find that giving to others is also great for their own wellbeing. Whether you decide to do something for charity, help someone with their heavy bags, or give your partner the last biscuit, research suggests that giving to others stimulates the reward areas in the brain, which also helps improve our wellbeing.

Sometimes the most valuable thing you can give is your time. What could you do for someone else this week?



Step five: Savour the moment

Pay attention to the present moment. We can get caught up worrying about things that have happened, or might happen in the future. But noticing what we're thinking and feeling and what's going on around us can help improve our wellbeing.

Try putting this into practice. What's going on around you? Thinking about your senses can help. What can you see, hear, smell, touch and taste?





You may have heard this referred to as mindfulness. It can help us enjoy the world around us and make sure we don't take things for granted. So, savour the moment!

You may like to talk to someone you trust – maybe a friend, family member, or your Victim Support worker – about how you can introduce these five steps into your everyday life. Set yourself a challenge of committing to it for a week, or maybe a month to begin with and see how you get on. Hopefully you will begin to notice a difference in how you feel as the five steps become part of daily life.