

# Key messages from our self-help guide for males who have been sexually abused

## Living well in day-to-day life Establishing a solid base

Day-to-day things you can do for your overall health and well-being. You could think of this as establishing a 'solid base' to work from.



### Staying connected

Staying connected to people has a positive effect on your general well-being.



### Eating well

Eating well is about providing your body and mind with nutrients that keep you active and alert, as well as about enjoying the food you eat.



### Exercise

Exercise is linked to positive mental health. It has the ability to change your state of mind in both the short and long term.



### Relaxation

Basically, relaxation exercises are short, focused routines with a specific purpose in mind – usually to slow down your breathing or relax you when you're tense.



### Mindfulness

Mindfulness is about paying attention to things about yourself and your environment that would normally go unnoticed.



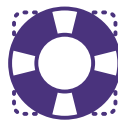
### Sleeping well

A good night's sleep helps you to recover from the previous day and get ready for the next one. Sleep helps us to think more clearly, manage difficult situations better and feel more energetic.



### Living by your values

Dealing with distressing experiences like memories of sexual abuse, anxiety and depression takes a lot of our energy, and at times it might feel like it takes all you've got just to stay afloat.



### Helping others and yourself

Sometimes you can lose sight of the fact that you have something to offer. Doing things for other people actually has a beneficial effect on developing our own well-being.



### Making change happen

Change rarely happens in a neatly staged or organised way. Making changes to address unhelpful habits or to develop more useful patterns of behaviour requires focus, effort and repetition.



### Ideas about being a man

Every man has his own experiences and beliefs about what it means to be a man. Gender is a significant part of personal identity, along with a range of other things that 'make up' our sense of who we are.

These are good ideas for anyone, not just men who are dealing with the legacy of sexual abuse.

**It does not make the difficult stuff go away, but it does put you in a better place and frame of mind to deal with it.**