



HJ Trauma Support

Understanding • Connection • Change

TRAUMA SUPPORT



Why Looking After Yourself Can Feel Hard

If you find it hard to:

- Shower or bath
- Brush your teeth
- Look after yourself

You are not alone.

And you are not lazy or “gross”.

There is usually a reason.



WHY IT CAN FEEL HARD



You want control

Sometimes it's one of the only things that feels like your choice.



It feels uncomfortable

Water, smells, or textures might feel wrong or overwhelming.



It feels vulnerable

Being alone, exposed, or still doesn't feel safe for everyone.



You might not feel great about yourself

When you feel low, self-care can feel like too much effort.



UNDERSTANDING YOURSELF

You might be:

- Avoiding something that feels uncomfortable
- Feeling overwhelmed
- Struggling to get started
- Not sure where to begin



That doesn't mean there's something wrong with you.



WHAT MIGHT HELP

- ✓ **Do it your way**
Choose time, music, products—make it work for you.
- ✓ **Keep it small**
Something is better than nothing. Small steps still count.
- ✓ **Make it easier**
Change the routine, use what feels better, remove what doesn't help.
- ✓ **Talk about it**
If something feels hard, you don't have to figure it out alone.



There is nothing wrong with you. You're learning.

And learning how to look after yourself takes time.



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