

Interviewer: Ok, many people have different ideas of what self-care looks like. Some people look within themselves and learn to love themselves, how do you do that? Some swim, working out, coloring, or some people write in journals. What is yours?

Survivor 2: I was more of going outdoors, I like camping.

Survivor 3: I spend time thinking to myself. I go to counseling.

Survivor 1: I have many different ways. I crochet. Why? While counting, I think about things and let it go away. Counting keeps me distracted temporarily while at the same time refreshing my brain. Crocheting and thinking helps.

Survivor 4: I did cross stitching.

Interviewer: What is cross stitching?

Survivor 4: Cross Stitch.

Interviewer: What does that look like?

Survivor 4: On a cloth, you have to count how many cross stitches you need and do them one side in a row, and then go back and cross those lines. It's called cross stitching. I used to enjoy doing that.

Survivor 2: I like to go out with friends and go swimming, go to the mall, or out to eat with friends. That helps me unplug.

Survivor 1: I also use the Happy Color app on my phone.

Interviewer: What's that?

Survivor 1: It's like a coloring book, but on the phone. You match the color to the number in the picture and fill in the numbered spaces. It's a digital version than the old-fashioned paper way. It's on the phone. Why that works for me? It's easy when I am on the go and can't pack everything in a bag. I needed something on the go, and happy color app is that something. There are many things to color, like animals and etc. I really enjoy it.

Survivor 4: I happened to get involved with arts and crafts again. I've seen this store a few times, but never bothered with it. A friend and I kept going in a few times, wanting to do a project there. Finally, one day we decided to go ahead and

make something there. We made... well the first time was what? What was the first thing we made? Three of us were there. I forgot! Maybe glass, oh yes! It was glass fusing. That was our first class there. I fell in love.

Survivor 1: I play with my dogs.

Interviewer: How many do you have?

Survivor 1: I have two and both are deaf dogs. They keep me busy, I can sign to them, go for walks, and have someone to be there for me and know what I need. They can tell what I need, I also love to pet them a lot. It is an amazing feeling. I feel loved and that someone loves me too. Petting them and loving them back makes me feel good too.

Survivor 2: I like to color, like coloring books that have pictures already.

Survivor 3: I also draw, sew, read, and may more. It makes me happy. I really start to understand myself.

Survivor 2: Sometimes I would do crafts. I would build things with wood sometimes, or building things with metal.

Survivor 4: Really God, reading the bible verses, talking to Christians, my brothers and sisters in Christ, or talking to people with similar experiences and support each other and our growth. Sharing what made each other strong so we can help others.

Survivor 3: I love to ride my bike. It makes me happy, breathing in fresh air and how healthy it makes me feel.

Survivor 1: Games or coloring apps, at least for me. It's nice to have that something on the go when I can't take everything with me.

Survivor 2: Right now I am more into Legos. You know Pokémon? I'm collecting that now. It helps me to disconnect because I really love Pokémon. As I collect that, I think of my nephew. He lives in Missouri and I miss my nephew. That's why I like Legos now. Now I have about over 60 different Legos all over my home

Survivor 1: Oh, I also love to sit outside and look around, look at the trees. I do a lot of mindful activities and thinking when I'm outside. I love to watch the trees outside too, watch the trees move when the wind blows. It's like they are dancing in the air.

Interviewer: That is so cool, really awesome!

Survivor 1: Trees, nature, watching animals play around, that is really my therapy. If I could, I would be at the mountains every day. If they had any here in Wisconsin, I would love that!