



# Self Help When Experiencing Harassment

**What can you do when you've been hurt and don't know what to do next?**

You may be angry, hurt, shocked, ashamed, or scared.

## Personal Safety First



Is your personal health and safety in danger or threatened?

Call **9-1-1**, **police**, a **shelter**, a **first aid** caregiver, an assault **hotline**, an **ambulance**, or whomever you need to **protect yourself first**.

If a physical assault happened, consider going to the emergency room for medical personnel to collect evidence of the incidence. Your privacy is protected by law.

Don't know what to do? Call someone you can trust who can help you make decisions like a **manager**, a **parent**, a **teacher**, an **elder**, or a **friend**, who can help with making decisions when you're overwhelmed.

**Remove yourself from harm.**

# Body

**If urgency has passed and you're reflecting on next steps . . .**

### Time

If there is no urgency, time helps you assess.

Take care of your physical body.

- A good night's sleep
- Soothe yourself. Meditate. Relax
- Exercise. Move. Stretch.
- Eat well.

### Nature

Be outside and in natural surroundings.

Research shows that the living earth helps improve our physical well-being.

### Moderation

Don't overdo your crutches in life like smoking, eating poorly or bingeing, drinking, or abusing substances.

# Soul

### Connection

Connect with the Creator.  
Smudge with sage.  
Pray.

**Surround yourself with souls you trust, speaking not required.**

### Understanding

If you feel ready and you have dealt with the pain long enough, you may want to experiment with being open and curious to alternative ways to handle trauma. Can you separate yourself from the pain and look at it objectively? Can you withhold judgment on yourself?

## Knowledge

Have you recently read the policies on harassment? Ask someone who knows about them, like Human Resources or the Health and Safety Committee Representative. Educate yourself and understand the policies. That's your right. Look at the process of filing a complaint. Write or talk things out to help clarify direction and put thoughts into words for clarity. Think about what you want to achieve in the end. Think how things will unfold during and after you go through the process.

## Reason

Your anger and hurt are valid. If an experience occurred in a situation like a performance review and triggered something emotionally, would it still be harassment? Think about what happened at the moment the hate, anger, or hurt hit you. Think about the power dynamics, they are always in play somehow in harassment situations. Now how can you take back power for yourself? If you are overthinking a situation or overwhelmed, it can be hard to focus, see if you can clear out the noise. You need to focus in order to figure how to get to a better state. Sometimes it is not the physical safety but your psychological safety.

## Question

Are you able to be truthful and honest about how you are doing? What are your core beliefs and values? What is important to you? How can you bring the pain to a resolution? For whom are you doing this? Could you speak to elders for their wisdom?

## Family

If you feel better with friends and family, spend time with them.

## Awareness

Name all the emotions you are going through: *frustration, anxiety, pain, shame, vulnerability, anger, fear, loneliness*. It will be a mix of them. Identifying what is going on inside will help you move forward. Repressing your emotions delays the healing process. Self-reflect.

# Mind

## Ask Yourself

What just happened? Did something trigger a trauma from the past? What was it? What are the people around you feeling? What are you grateful for? Are you lost? Are you afraid to let others know that you are vulnerable? Your family doctor may be able to refer you to psychological services covered by the government if you need. If you think that going to a therapist or elder scares you, would you consider asking a friend to accompany you? Most friends would help because they may feel helpless but want to do something to help. Do you know of a sharing circles you can attend to talk the emotions?

# Heart