

Step 5: Self Care

- Telling your story can leave you feeling fatigued. Give yourself permission to take care of yourself.
- Take some time out afterwards and do something positive for you, go for a nice lunch, dinner, meet up with friends.
- It is important that you take care of your physical, emotional and mental well-being after you have shared your personal experience with others.
- Re-telling your story can bring up emotions and thoughts that can be difficult to manage, if this happens ask for help.

We hope you found these tips helpful, good luck and enjoy the experience.

For more information on Involvement, Co-Production and Partnership Working, please visit the Engage website:

<http://engage.hscni.net>

KEY

Planning

Doing

Reviewing

