



# DISABILITY DAY OF MOURNING

*Remembering people with disabilities murdered by their families*

## After the Vigil

Attending a Day of Mourning vigil can stir strong emotions, and you might not know how to react or what to do afterwards. Here are some things you can do to help process what you're feeling:

- 1. Remember that your feelings are valid, whatever they are.** People experience events in different ways. Just because your experience is different than the person next to you, it doesn't mean either of you is wrong, reacting too much, or reacting too little.
- 2. Listen to your body.** If you need to cry, then cry. If you need to talk to someone, seek someone out who will listen. If you need to go somewhere to be alone for a while, do that.
- 3. Give yourself a break.** Vigils can be incredibly emotionally draining, and it's okay if you can't do things at full capacity for a while afterwards.
- 4. Take time for self-care.**

***"Caring for myself is not self-indulgence, it is self-preservation."***

**-Audre Lorde**

### What is self-care?

Self care is any intentional actions you take to care for your physical, mental and emotional health. Self-care looks different to everybody. All of these things could be self-care:

- Buying yourself something nice
- Journaling
- Guided meditation
- Taking a long bath
- Listening to music
- Reading
- Cooking/baking
- Getting your hair done
- Running
- Knitting
- Burning candles
- Eating good food
- Doing art
- Watching movies
- Getting a cup of coffee
- Going to a support group
- Getting fresh air
- Dancing
- Dressing up
- Going to a concert
- Getting lunch with a friend
- Laughing
- Crying
- Driving around
- Volunteering
- Talking to people