

## **Self-care information**

### **Easy Read**

#### **About this document**

This is Easy Read information.

You can find other information on our website:

[www.childabuseinquiry.scot](http://www.childabuseinquiry.scot)

A friend, family member, or support person may be able to help you read this document.

The Scottish Child Abuse Inquiry hears evidence about the abuse of children in care.

Reading or hearing this evidence can be distressing.



- You might find it upsetting to hear what people talk about at our hearings. It can also be upsetting to read about what people have said at our hearings. **This is normal.**



- We want to help keep everyone safe. This information is to help people understand what might happen after they read or hear evidence about the abuse of children in care.



- If you feel upset, talk to someone you trust. This could be a friend, a member of your family, or someone who helps care for you.



- Reading or hearing evidence about the abuse of children in care can affect people in different ways. **These effects might not happen straight away.** You might have different feelings weeks or months later.

## Effects to look out for:



- Finding it hard to think clearly.



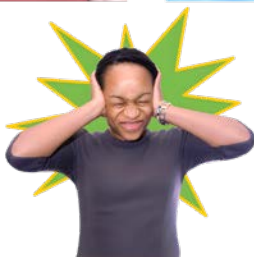
- Sometimes, people remember things that make them feel upset. **These memories can come back suddenly, without warning.** When this happens, it can make you feel scared, angry, or sad.



- Having nightmares or dreams that make you worried or scared – these may be about something you have heard or seen.



- Avoidance – this means trying not to feel upset or remember bad things. People might stay away from places or people that make them feel sad. **Avoidance can make it hard to deal with your feelings.**



- Arousal – this means feeling on edge a lot. It can feel like something bad is going to happen. **You might get angry or cry easily.** You might also get scared by **loud noises or sudden movements.**



- Cynicism – this means finding it hard to trust people or believe what they say.



- Not sleeping well a lot of the time.



- Not doing things you usually enjoy.



- Losing or gaining weight unexpectedly.



- Taking extra care of people you love because you are scared something might happen to them.



- Feeling suspicious and that the world is unsafe.



- Thinking you are the only one who can do your job.



- Avoiding work or staying at work longer than usual.



- Not taking care of yourself when you are ill.





**If you are feeling like this, do not worry. A few simple things can help:**



- Take time to think about why you might be having these feelings.



- Keep active.



- Do things you enjoy.





- Eat healthy food.



- Sleep well.



- Take time off for rest.



- Be careful about how much alcohol you drink.



- Tell people you trust how you feel.



- If you keep having these feelings and they are affecting your life, talk to your doctor. It's important to get help if you need it.

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