



Self-Care When You Have Been Scammed

Nearly 50% of people reported losing confidence and peace of mind after being targeted by a scam, according to the *BBB Scam TrackerSM Risk Report*. If you are experiencing emotional distress, this short guide can help. We hope you will consider some of these ideas to help address the emotional effects of being scammed.

First, check in with yourself about your sleep, your water intake, the amount of movement you do each day, and the things you are eating. Are these at a healthy level for YOU? If they aren't, make this something you start with, no matter which self-care activities you choose below.

Each person is different. Some activities will appeal to you, and some will not.

The following list has some common things people tend to enjoy for self-care, and even if these don't appeal to you, we hope they remind you of other activities you DO enjoy.

Quiet

- Meditate/practice mindfulness
- Read a good book
- Sit in the sun, close your eyes
- Do a puzzle
- Pray
- Listen to guided meditation
- Watch a film

Active

- Walk outside
- Ride a bike
- Do yoga or another workout
- Do something nice for someone
- Dance to favorite music
- Organize a part of your home
- Learn a new skill

Creative

- Write in a journal
- Draw, paint, create art
- Plant a garden
- Try a new recipe
- Color a picture
- Play a musical instrument
- Take photos

You may prefer self-care activities that are more introspective or growth-oriented, such as starting a gratitude journal, creating a vision board, or considering healthy boundaries for your relationships. Whatever you choose, remember that your feelings are entirely normal and you are worthy of self-care.