



Reasons why  
*self-defence*  
is  
*self-care*





# 1 BUILDS SELF-ESTEEM

Self-defense training can help to build self-esteem by providing us with the skills and confidence to protect ourselves and our loved ones. This can lead to a greater sense of self-worth and self-efficacy, which can be beneficial for overall self-care.



## 2 MIND-BODY CONNECTION

Self-defence training emphasizes the connection between the mind and the body. By learning physical techniques, we also learn to better listen to and understand our bodies. This can help to increase self-awareness and build a stronger connection to our intuition.



# 3 NERVOUS SYSTEM REGULATION

Through a trauma informed practice, we can develop greater ability to access and maintain a state of being in our body that allows us to take action and think clearly. Not only is this ability to regulate potentially life saving, it also transfers into every area of life, giving us more clarity, connection and courage everywhere we go.



# 4 EMPOWERMENT

Self-defence training can empower us to take control of our own safety and well-being. By learning physical techniques to protect ourselves, we gain a sense of agency and control over our bodies and surroundings. This can be especially beneficial for those of us who have experienced trauma, as it can help to counteract feelings of powerlessness and vulnerability.



# 5 STRESS RELIEF

Self-defence training can be a great way to release pent-up stress and tension. The physical exertion involved in training can help to release endorphins, which are natural mood-boosters. Additionally, the focus required during training can help to distract from daily stressors, leading to a sense of calm and relaxation.



# 6 BUILDS RESILIENCE

Self-defence training helps us to build resilience and cope with difficult situations. By strengthening and becoming more aware of our bodies and physical responses, we develop a greater sense of self, increase our ability to cope with stress, and increase capacity to overcome difficult situations.



# 7 SOCIAL SUPPORT

Self-defence training can provide a safe and supportive environment for us to connect with others. Through shared experiences and support, we gain a sense of belonging and community, which can be essential for self-care.





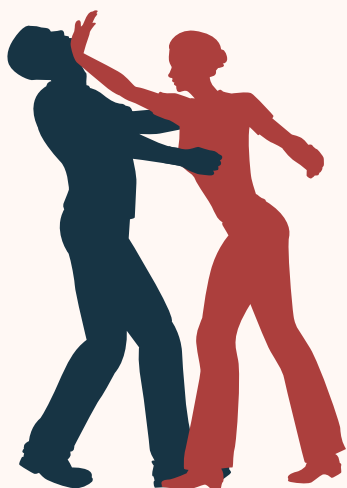
# 8 SELF-EXPRESSION

Self-defence training can also be a form of self-expression and creativity. By learning physical techniques and developing a deeper understanding of the mind-body connection, we explore new ways of moving and expressing ourselves, which can be a powerful tool for self-discovery and self-care.

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*Read our other  
downloadable PDF:  
8 ways that  
trauma-informed  
self-defence  
is healing.*

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