

APPENDIX C: ADDITIONAL READING

Nebraska Legislative Process

- Lawmaking in Nebraska: <https://nebraskalegislature.gov/about/lawmaking.php>
- How a Bill Becomes a Law in Nebraska Video: <https://strongnebraska.org/>

Self-Care

- Sleep information: <https://savvysleeper.org/sleeping-with-ptsd/>
- Simple sleep information: <https://www.sleepfoundation.org/articles/trauma-and-sleep>
- Sleep apps: <https://www.bustle.com/p/8-apps-for-insomnia-that-can-help-you-go-to-sleep-12197789>
- Calm App: <https://www.calm.com/>
- Healthy habits: <https://healingwellcounseling.com/blog/the-7-healthy-habits-of-trauma-survivors/>
- Benefits of drinking water: <https://www.medicalnewstoday.com/articles/290814.php>
- Nutrition and healing: <https://strengthtoheal.org/how-nutrition-can-help-victims-of-trauma/>

“Appendix C: Additional Reading” is part of *Survivors Speak: How to share your story to advocate for legislative change in Nebraska*. For more information about how you can share your story to advocate for change, check out the full guide at <https://survivorsrisingomaha.org/survivors-speak/>.