

Self-Care, TIC and COVID-19

The outbreak of novel coronavirus (COVID-19) is stressful for everyone. This makes taking care of our overall wellness and mental health very important at this time. Fear and anxiety about COVID-19 can cause strong emotions in all of us. Everyone reacts differently in stressful situations and for many of us, there is a feeling of “loss of control” and fear of the unknown.

Luckily, the lessons we have learned about self-care and trauma-informed care (safety-choice-collaboration-trustworthiness-empowerment) come in handy today. In addition to washing our hands often and practicing social distancing, here are nine self-care strategies to keep in mind.

1. Try to create a balanced routine or schedule that includes times for: work, creativity, hobbies, games, rest, reading, music, reflection, prayer or meditation.
2. Be sure to take your daily medications.
3. Acknowledge how you feel and talk to family and friends on the phone or video-chat to get support.
4. Take care of your body with deep breathing, eating well-balanced meals, drinking plenty of fluids and getting plenty of sleep.
5. Keep your body active. Even if you live in a small apartment, take some time to stretch, walk around, dance, take an on-line or TV dance/exercise class or just exercise in place.
6. Keep learning! There are many distance learning courses and webinars on www.hivtrainingny.org or www.ceitraining.org.
7. Stay informed, but not overwhelmed. Get information about what is happening from reliable sources like the CDC, your local health department or local news sources. Take time to unplug from 24/7 coverage that can be overwhelming.
8. Think about how you can help others, especially our elders and older adults. Perhaps make a small donation to a service organization, share resources, or drop off food or other items to those who are impacted.
9. If someone feels in great danger, please call 911 or reach out to the Substance Abuse and Mental Health Services Administrations (SAMSHA's) Disaster Distress Helpline: 1-800-985-5990 or text: TalkWithUs to 66746. (TTY 1-800-846-8517).

Remember, self-care works! Try your best to be good to yourself and your loved ones during these trying times.

Know that we are thinking of you,
The HIV Education and Training Team