RECOMMENDATIONS FOR SELF-CARE
Working with Survivors During COVID-19

HELP LIMIT THE EFFECTS OF CRISIS ON TRAUMA SURVIVORS

EAT, SLEEP AND STAY HYDRATED
Fear and anxiety can interrupt basic routines. Being intentional about healthy daily habits makes us more resilient to the effects of a crisis.

MAINTAIN A SCHEDULE
Try to keep a routine: get up at the same time each day, make your bed, take a shower, eat breakfast. Regular activities build on themselves and help you get through the day.

CONNECT WITH OTHERS
Social distancing can create isolation. Reach out to friends. Set up regular contact whether it be through text, phone or video conference.

RECONNECT WITH HOBBIES
Read the books you haven't had time for. Color. Play cards or musical instruments. Fight the urge to be too ambitious; choose mindful activities that center you.

LIMIT SOCIAL MEDIA AND NEWS
Limit how much you see and focus on the coronavirus. Be deliberate about how often you check social media and how much news you consume.

The National RESOURCE CENTER for REACHING VICTIMS
Helping those who help others