

RECOMMENDATIONS FOR SELF-CARE

Working with Survivors During COVID-19

HELP LIMIT THE EFFECTS OF CRISIS ON TRAUMA SURVIVORS



APPLE

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.



ALARM CLOCK



OLD FASHION TELEPHONE

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.



GUITAR



PERSON READING
NEWSPAPER

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.