

Caring for ourselves

DURING THE CORONAVIRUS

TRAUMA-INFORMED PRACTICES TO CARE FOR
OURSELVES DURING THE CORONAVIRUS
PANDEMIC

 GINA

CARING FOR OURSELVES DURING THE CORONAVIRUS PANDEMIC



This global pandemic we are living in and through, the mass uncertainty it is bringing, the social distancing, the onslaught of news, the strong faces we are putting on for others... it is taking a toll. Many tolls. We are bearing witness to suffering everyday, whether or not we are actively seeking out this information. We are trying to keep working, or studying, or care giving in a world we no longer recognize. You might be finding, increasingly, each and every day, that you are doing little more than surviving. That is okay. You are doing your best.

At a time of so much upheaval, a lot of past and current trauma can be exacerbated. The responses you're having and the impacts you're feeling are valid, normal and not your fault. This is trauma. It is scary, it is unpredictable and it is overwhelming our natural abilities to cope. We feel powerless; we have no control and we so very desperately want some control.

We are all in this together.

One way for us to take back some power, control and to help us manage during these times of distancing is to develop and maintain routine and structure in our daily life.

On the next page, there are some ideas for how to think about filling your day. Take a look and pick out some ones that sound good for you! Then, you can use the worksheets on the next few pages to create a daily routine for maintaining your physical, social, emotional and spiritual health in the coming weeks.

You don't have to become an expert watercolour painter or become fluent in French over the next few weeks. You may want to take up some new hobbies, learn a language and try out some of the things listed on the next page and that's great. But it's equally great if you manage to get up and get dressed on a day. You don't have to be 100% productive all of the time. Give yourself some breathing space. We are in unknown territory and there is no right way to spend these days. There is only the right way for you.

REMINDER:

Allow yourself healthy breaks from news and/or social media to allow time to breathe and re-ground as needed.





BODY

Morning stretches

Yoga

Online workout

Hot shower

Cooking/eating nourishing meal

Dance party

Walk/jog/run (abiding by social distancing measures)

Nap

Staying hydrated



MIND

Meditation

Journaling

Reading for fun

Art

Podcasts



SOCIAL

Calling friends

Scheduling virtual hangouts

Writing letters

Connect virtually



SPIRIT

Gratitude practice

Prayer

Affirmations

Listen to music

Play an instrument

Learn a language

Play a game

Watch a film

Sing

Comfy clothes

A cuppa

Start a project

Make a list

Write something...anything!

Bake a cake

Spend time with a pet

Gardening

Declutter



MY DAILY PLAN



Think about what works best for you. You can make a daily and/or weekly plan. You can be more structured or not. You can fill it in or leave it empty.

MORNING

Things to do:

Things to avoid:

AFTERNOON

Things to do:

Things to avoid:

EVENING

Things to do:

Things to avoid:

Breath box

Inhale for count of 5 → Hold for count of 5 → Exhale for count of 5 → Hold for count of 5

MY WEEKLY PLAN

MONDAY

Goals:

Self-care:

Things to do:

TUESDAY

Goals:

Self-care:

Things to do:

WEDNESDAY

Goals:

Self-care:

Things to do:

THURSDAY

Goals:

Self-care:

Things to do:

FRIDAY

Goals:

Self-care:

Things to do:

SAT/SUN

Goals:

Self-care:

Things to do:



MY SELF-CARE PLAN



I can exercise my body by...



I can be kind to myself by...



I can make myself happy by...



I can eat healthy foods...



This is me...

I can create some Breathing space by...



My hopes and dreams...



I can relax my body and mind by...



I can keep connected with friends and Family by...





Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS (VIRTUALLY)	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE GOOD FOOD	LISTENED TO MY BODY	HAD FUN	ASKED FOR HELP
TOOK A MUCH-NEEDED BREAK	DRANK WATER	GINA	TAKE A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	HAD A DANCE	LISTENED TO MUSIC	DROPPED A HABIT THAT IS NOT FOR ME
TOOK SOME DEEP BREATHS	EXERCISED (SAFELY)	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	PRACTICED SELF-COMPASSION



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THIS RESOURCE HAS BEEN CREATED BY THE GINA PROJECT CIC.

GINA provides private, specialist counselling for individuals subjected to sexual violence and abuse.

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