

POINT SOURCE YOUTH PRESENTS:

# SELF-CARE IN THE TIME OF COVID-19

Speaker:

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Even before the COVID-19 crisis, processing our trauma was tough to navigate. Now, this pandemic has created an additional layer of stress that can easily activate us and our emotions. This toolkit is designed to support providers and advocates processing the various impacts of COVID-19. Self-care is a vital first step towards taking care of others.



## KEY TAKEAWAY

As we are navigating the uncertainty of the COVID-19 pandemic, naming and allowing ourselves to feel and process, without judgement or guilt, is important for our mental and physical health.



## Q + A

**With all that's going on, what aspects of self-care should we prioritize?**

We need to first take care of ourselves by paying attention to the things we put into our body, and the energy we use to serve others.

**Will or should my self-care look different during the pandemic than it has in the past?**

Compare and contrast your stress levels before and during the pandemic and extrapolate new stressors. Self-care, like boundaries, should be revisited as often as your needs require.

**How do I deal with feelings of guilt?**

Honoring your feelings is important, always. Allowing ourselves to mourn and grieve our personal losses, not only of people, but of events, celebratory occasions, physical and social connections and beyond are valid.

## IN-DEPTH

Many of us enter the workforce with our own histories of trauma. Because of that, we are faced with parallel processes of overcoming trauma in our past while assisting others through our work using a trauma-informed lens.

The struggle to balance adequate self-care in addition to providing comprehensive care for those we serve, is felt widespread by providers and advocates across the country.

Honoring our feelings is important, however we cannot allow them to incapacitate us. Self-care is grounded in us understanding our own resilience and knowing that this pandemic is not going to last forever.

Compassion for ourselves, like other skills, requires patience, practice, and dedication.

## RESOURCES

- [Self-Care and Avoiding Burnout](#)
- [Self-Care in the Time of Coronavirus](#)
- [Square Breathing Exercise](#)
- [Free Online Yoga](#)
- [Mapping Our Social Change Roles in Times of Crisis](#)
- [Irresistible \(fka Healing Justice Podcast\)](#)
- [Living in This Queer Body Podcast](#)



***THERE IS A LOT OF WORK BEFORE US ALL AND THERE IS A LEVEL OF ENERGY AND MOTIVATION THAT WE HAVE TO BRING TO IT. THE QUESTION IS, WHERE DO WE GET IT, HOW DO WE SUSTAIN IT, AND WHAT DO WE DO WHEN IT IS NOT THERE?***  
**- DR. CYNTHIA LUBIN LANGTIW**



## ACTIONS TO TAKE NOW

1. When trauma resurfaces and you must remain grounded for work, try to take 5 minutes to acknowledge and feel through your emotions. Carry on with your work, and schedule time to revisit those emotions later in the day by journaling, meditating, or processing in ways that work for you.
2. In your organization, hold intentional space for folks to feel and process while simultaneously working to support others in crisis.
3. Set and re-evaluate boundaries with the things that can sap your energy, such as news, work, or media.