

TRAUMA INFORMED PRACTICES DURING THE CORONAVIRUS PANDEMIC

HOW TO CARE FOR OURSELVES:

- EXERCISES FOR AWARENESS 2
- DAILY PLAN WORKSHEET 3
- WEEKLY PLAN WORKSHEET 4
- SELF-CARE WORKSHEET 5



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Increased levels of anxiety, fear, isolation, depression, hopelessness, anger, etc are all a part of what are what some may be experiencing in light of all that is going on around us in relation to the coronavirus pandemic.

These feelings make sense given the onslaught of news, the continued closing of places we gather, and the unknown of what lies ahead.

We know for many of us that have experienced—directly or indirectly—the brutal impacts of police violence, incarceration, institutionalized racism, that these feelings are not new.

At a time of so much upheaval, a lot of past and current trauma can be exacerbated increasing our panic, fears, and sadness.

One way to help us manage during these times of distancing is to develop and maintain routine and structure in our daily life.

What we pay attention to grows. You can try engaging awareness by giving attention to practices that help you feel grounded, connected, and alive.

What are you practicing?

The right side column includes ideas for how to think about filling your day. Take a look and circle the things that sound good for you. Circle as many as you like! Then use the worksheet on the second page to create a daily routine for maintaining your physical, social, emotional and spiritual health in the coming weeks.

There are endless on-line videos and apps to help support us as we are trying out new activities like meditation, cooking, exercising, etc. We've included a list of some we know that may inspire you. Please share any resources you have found useful as well.

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, on-line workout, hot shower, cooking/eating a nourishing meal, dance party, walk around the block, nap, staying hydrated

MIND



Meditation, journaling, reading for fun, making art, podcasts



SPIRIT

Prayer, contemplation, reading scripture, chanting, affirmations, gratitude practice

SOCIAL



Writing letters, calling friends, scheduling virtual hangouts, taking actions in support of others (petition, calls, etc.)



MY DAILY PLAN



Think about what works best for you. You can make a daily plan or a weekly plan. You can be more structured or less. We've provided a template for a daily plan and a weekly plan, but get creative!

MORNING

Things to do:

Things to avoid:

AFTERNOON

Things to do:

Things to avoid:

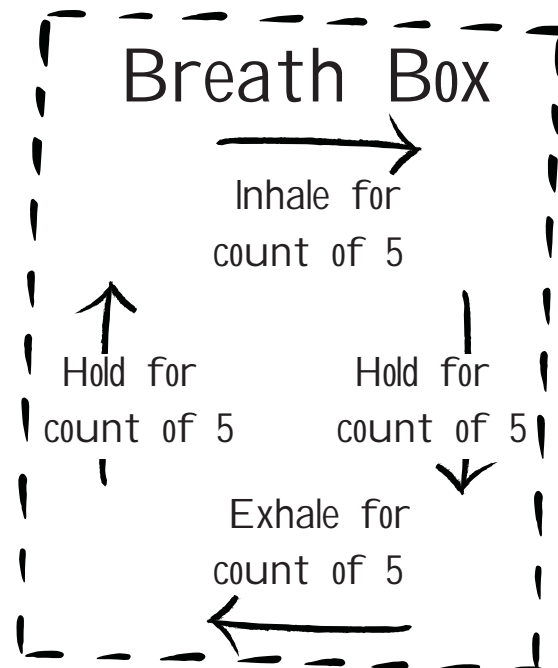
EVENING

Things to do:

Things to avoid:

Centering practices::

- 5 things I can see
- 4 things I can feel
- 3 things I can hear
- 2 things I can smell
- 1 thing I can taste





MY WEEKLY PLAN



MONDAY

Goals:

Self Care

Practice:

To do:

TUESDAY

Goals:

Self Care

Practice:

To do:

WEDNESDAY

Goals:

Self Care

Practice:

To do:

THURSDAY

Goals:

Self Care

Practice:

To do:

FRIDAY

Goals:

Self Care

Practice:

To do:

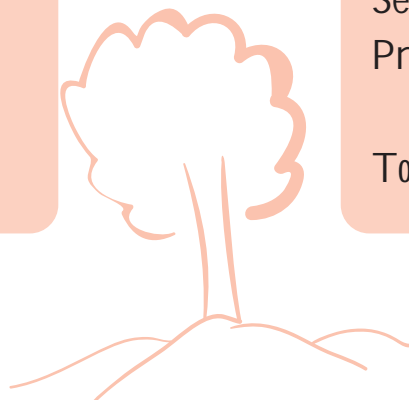
SATURDAY/SUNDAY

Goals:

Self Care

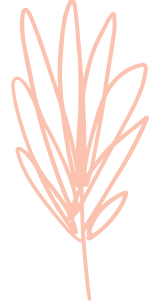
Practice:

To do:





MY SELF CARE PLAN



I can exercise my body by...

I can be a good friend by...

Important people who I trust:

This is me

I can relax my body and mind by...

I can keep myself clean and tidy by...

I can make myself happy by...

My hopes and dreams...

I can eat healthy foods...

MARCH 20, 2020

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The Chicago Torture Justice Center seeks to address the traumas of police violence and institutionalized racism through access to healing and wellness services, trauma-informed resources, and community connection. The Center is a part of and supports a movement to end all forms of police violence.

ChicagoTortureJustice.org

