**COPING AND COUNSELING**

During COVID-19 Pandemic

Community leaders, counselors, and service providers may be experiencing increased pressures caused by social distancing and the COVID-19 pandemic. PFP has compiled self-care tips that are necessary for sustaining your ability to care for yourself and vulnerable members of our communities long-term.

### RECOGNIZE

| Signs of stress in yourself (Physical, emotional, cognitive, spiritual). |

### IDENTIFY

| What you need for your own wellbeing. | Your coping mechanisms. | Your own support network of colleagues and peers. |

### REFLECT

| On impact of social media on you and how you deliver your services. |

### REMEMBER

| That exposure to others’ trauma without self-care leads to burnout and compassion fatigue. | That it is OK to say “NO” when you are not available or have reached your capacity. |

### DESIGNATE

| Your work space. Keep it professional. | Time for yourself (spiritual practices, exercises, proper nutrition, sleep). | Time for your family. |

### SET

| And communicate times you are available to the community. |

### KNOW

| Your limits and refer appropriately. |

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**Mental health professionals:**
- SEEMA Mental Health
- Psychologytoday.com
- Coronavirus online therapy

**Domestic violence services:**
- National Domestic Violence Hotline
- Local domestic violence services through the county or local non-profits

**Social services:**
- Through local masjid, local community or the county

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**STAY SAFE. BE WELL.**

For more information & resources, visit www.peacefulfamilies.org