



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).

REFLECT

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



IDENTIFY

what you need for your own wellbeing.
your coping mechanisms.
your own support network of colleagues and peers.



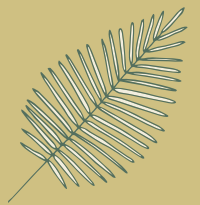
REMEMBER

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.



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

STAY SAFE. BE WELL.

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