Caring for ourselves

During the coronavirus

Vol. 2

Trauma-informed practices to care for ourselves during the coronavirus pandemic
Caring for ourselves during the Coronavirus Pandemic Vol.2

In all of the chaos surrounding us, it is becoming increasingly difficult to reach a place of calm. You may have already looked at our first ‘Caring for Ourselves During The Coronavirus’ booklet (image below), which contains some activities and daily/weekly plans designed to facilitate self-care; this booklet (‘Vol.2’) is designed to build upon these activities, provide you with a space for self-care exploration and help you find a few moments within a quiet mind.

This is trauma and there is no such thing as a correct response. Despite all being in this together, we are probably dealing with it in many different ways. However you are feeling, it is a normal human response to trauma on a global scale. This period of time may be extremely difficult for individuals who have been/are being subjected to trauma; it can exacerbate trauma and trigger emotions that you thought you had shelved in a neat little box. The responses you are having are valid, normal and not your fault. The world doesn’t know how to deal with this. We don’t know how to deal with this. That is okay. No one is expecting you to have it all figured out.

This booklet will help you release what’s going on inside your head and keep you trekking towards the good stuff... the simple stuff. This booklet will walk with you as you begin to explore activities designed to inspire moments of peace, guide you through some of the normal responses you may be having and provide a compassionate haven to explore whatever you feel like exploring. Whether you dip into these pages every now and then, or use exercises daily, we hope it brings you some relief, joy and calm.

A quick question:

Currently, what do you think about the term ‘self-care’ (please tick)?

☐ A load of poppycock
☐ The best thing since sliced bread
Before we begin...

These days are hard. You don’t have to spend them trying to take in the relentless coronavirus announcements and changing statistics. You don’t have to spend them trying to stick to the ‘lose weight whilst in isolation’ regimes. You don’t have to spend them trying to reinvent yourself, along with an entirely new skillset. You are enough. You are more than enough. You always have been and always will be.

If you want to spend your time becoming a master baker, a professional painter or a yoga expert, that’s okay. However, if you are finding these days hard and are doing little more than surviving, that’s okay too. This doesn’t mean that there is anything wrong with you. This is a normal response to the unprecedented levels of global trauma we are experiencing. If all you did today was sit on the sofa, watch TV and eat half a sandwich, that is okay. If all you did today was breathe, that is okay.

The chances are, you are probably feeling overwhelmed, anxious and a little lost - life as we know it appears to have been cancelled. But not everything has been cancelled. Love is not cancelled. Relationships are not cancelled. Connection is not cancelled. Reading is not cancelled. Music is not cancelled. Dancing is not cancelled. Imagination is not cancelled. Conversations are not cancelled. Kindness is not cancelled. Compassion is not cancelled. Hope is not cancelled.

Use some of this booklet to write down all of the things that fill you up with joy and magic and wonder. Take a look at the things you have written and start moving more of these things into your day; when you feel like it, take some small steps to bring in activities into your day that bring you happiness, a sense of calm and allow you some breathing space. If you are feeling lost, this can help you find your way.

This is how you will find your magic once more.
Digital detox

Before we start...
- please place your phone here
- or in another room if viewing this on another device
- or completely ignore this if you are viewing this on your phone
How are you feeling right now? Put a cross on the colour that feels right.

True colours

[Colour chart]
<table>
<thead>
<tr>
<th>Self-care can look like:</th>
<th>Self-care never looks like:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- A nap</td>
<td>- Forcing yourself to meditate when it feels itchy or annoying or</td>
</tr>
<tr>
<td>- A book</td>
<td>&quot;how does this even work?&quot;</td>
</tr>
<tr>
<td>- A dance</td>
<td>- Choosing introspection over fun when what you need is fun</td>
</tr>
<tr>
<td>- Doing something that makes you feel</td>
<td>- Spending £££ on a facial serum when you don't know what the</td>
</tr>
<tr>
<td>like you</td>
<td>hell a serum is</td>
</tr>
<tr>
<td>- alone time</td>
<td>- feeling bad that you're not making time for self-care</td>
</tr>
<tr>
<td>- people time (virtually)</td>
<td></td>
</tr>
<tr>
<td>- drawing/writing stuff down</td>
<td></td>
</tr>
<tr>
<td>- a cuppa</td>
<td></td>
</tr>
<tr>
<td>- anything that brings you joy and a</td>
<td></td>
</tr>
<tr>
<td>sense of calm</td>
<td></td>
</tr>
</tbody>
</table>
Times I’ve sucked at self-care:

what it’s taught me:
What does ‘happy’ look like?

Write one word or draw a picture here that sums it up.
Write down your favourites

Favourite beverage:

Favourite book:

Favourite song:

Favourite food:

Favourite film:

Favourite activity:
What does a happy body look like?

Write one word or draw a picture here that sums it up.
Try out some yoga and draw the yoga positions that you tried out below.
Dance party

Learn a classic dance routine and write it down below (the sillier the better)!

Single Ladies (Beyonce)
What does a happy mind look like?

Write one word or draw a picture here that sums it up.
Reading list

Fill in the books on the bookshelf with titles that you would like to read.
Sing

Make a playlist of songs that uplift, inspire and make you smile.
Song challenge

Name a song...

...you like with a colour in the title
...you like with a number in the title
...that reminds you of summer
...that needs to be played loud
...that makes you want to dance
...to drive to
...you never get tired of
...from your teens
...you'd sing as a duet with someone
...that makes you think about life
...from the year you were born
...that has many meanings to you
...you think everyone should listen to
...by an artist whose voice you love
...that moves you forward
...that reminds you of yourself
Doodle page

Here's some space to doodle...
a normal response to a global pandemic

#1

Food & eating challenges/difficulties
Fill this page with your "happy" foods (they don't all have to be healthy!)
a normal response to a global pandemic #2

Obsessive or intrusive thoughts, memories or fears
we all have fears.
use the signposts to name yours.
a normal response to a global pandemic #3

A sense of loss of control or powerlessness
Goal

What's your goal?

What small steps do you need to take?
a normal response to a global pandemic #4

Past traumas being triggered, activated or re-experienced
Write down things that bring you a sense of calm, comfort and reassurance.
We all have a bag. We all pack differently. Some of us are travelling light. Some of us are secret hoarders who have never parted with a memory in our lives. We can figure out how to carry our bag to the best of our ability & how to unpack it. I think part of growing up is learning how to sit down on the floor with all your things & figuring out what to take with you & what to leave behind.
a normal response to a global pandemic

#5

Feeling exhausted, fatigued, unmotivated or lethargic
Dreamland

How's your sleep pattern? If you remember your dream from last night, note it down...
a normal response to a global pandemic #6

Keep ‘doing’ to distract
I want to do, be, have and feel...
Make yourself a cuppa and pop it on this page whilst you continue to work your way through (or if working digitally, simply take a break and make yourself a cuppa.)
Let’s revisit this...

How are you feeling right now? Put a cross on the colour that feels right.

True colours
Colour in the box by using a colour that represents how you are feeling right now.

Do the same again, but use a colour that represents how you would like to feel.
a normal response to a global pandemic

#7

Caring for everyone to own detriment
Draw a family portrait here
a normal response to a global pandemic #8

Feelings of anger, irritation & frustration
What's worrying you?

Do a brain dump in the space below:
a normal response to a global pandemic

#9

New & old grief surfacing
Grief & gratitude can co-exist
Feeling lucky

Today's date:
what I'm grateful for:

Today's date:
what I'm grateful for:

Today's date:
what I'm grateful for:

Today's date:
what I'm grateful for:
a normal response to a global pandemic

#10

Feelings of loneliness & isolation
who lifts you up?

write their names in the balloons
A normal response to a global pandemic #11

Depression, dissociation, shutdown, freeze, hopelessness
Take time to write down all the negative things that you have been told...

Now scribble over them. They are not your truth.
a normal response to a global pandemic

Feelings of anxiety, panic or overwhelm
What plates are you spinning at the moment?

Plate:

Plate:

Plate:
What keeps getting in your way?
What does a place of calm look like?
We are in cocoons right now, but soon we will be transformed.
Let's do this one more time...

How are you feeling right now? Put a cross on the colour that feels right.
My self-care declaration:

I will choose kindness. Always.

Signed: ______________________

What do you think about the term ‘self-care’ now? (please tick)

☐ Still a load of poppycock

☐ Still the best thing since sliced bread
Plan a self-care day.
Write an activity in each ray.
Each ray represents 15 mins.
Self-care day plan

To do

Drinks

Sleep

The best bit:

The worst bit:

Self-care shenanigans:

Overall feeling
For self-care activity ideas and daily/weekly plans, please take a look at our 'Caring for Ourselves During The Coronavirus' booklet. This can be found at www.gina.uk.com/resources
Caring for ourselves during the coronavirus Vol.2

This resource has been created by the GINA project CIC.

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

www.gina.uk.com
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