



THE NETWORK: ADVOCATING AGAINST DOMESTIC VIOLENCE

Safety Planning during COVID-19

DV RATES WILL LIKELY INCREASE DURING THIS TIME

Social distancing and lock downs isolate survivors. Survivors may fear relying on family/friends if they are at greater risk (such as elderly parents). There have already been many reports of people who cause harm withholding financial or medical assistance from survivors, according to a Time USA Article published this year. There are now additional stressors on couples due to the economic and financial ramifications of COVID-19. People who cause harm may feel that they can act with impunity as survivors have decreased ability to leave during this time.

SHARE RESOURCES

IL Domestic Violence Hotline

1-877-863-6338

Call or Text 24/7

Links to Safety Planning Guides:

[What is a Safety Plan?](#)

[Safety Check List](#)

[Technology Safety Plan](#)

Stay up to date on all COVID-19 safety guidelines at cdc.gov/coronavirus

SELF CARE TIPS

CULTIVATING A ROUTINE AT HOME

Remember the 4Rs for Anxiety

RELABEL

Start by labeling what you're dealing with. Maybe it's a negative thought or a powerful urge. Labeling your feelings can help put some of the power back in your hands, turning a rogue wave into something a little more manageable, or at least identifiable.

REATTRIBUTE

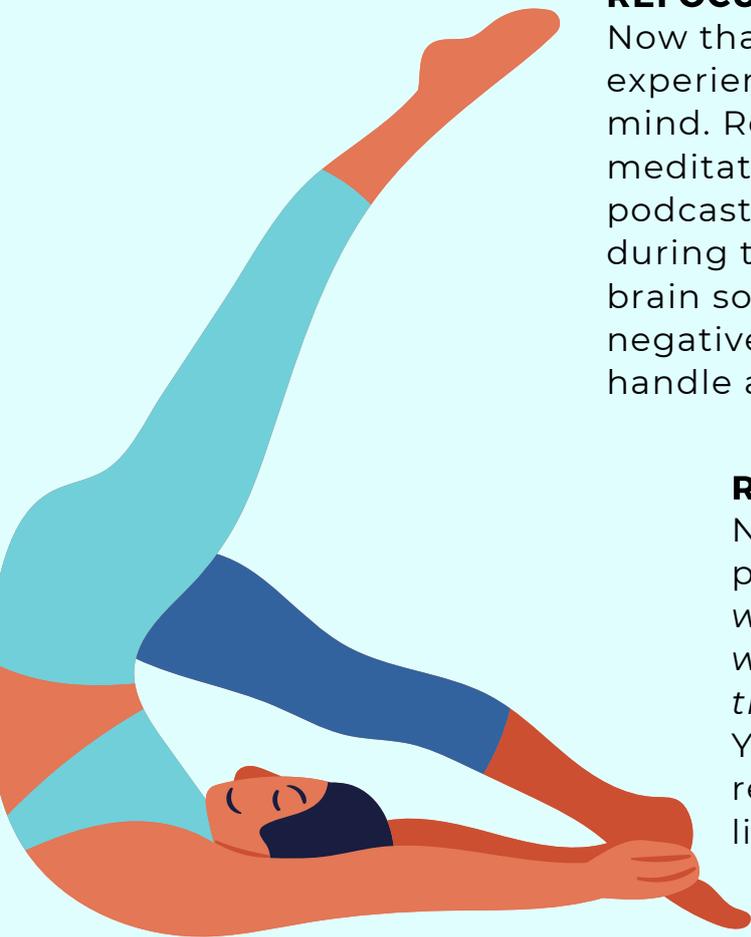
Once you've labeled your feelings, it's time to reattribute. Your brain may be screaming that what you're experiencing is because you're underprepared, or weak, or even unlovable. But in reality? It's your anxiety. There may be (and probably are) other factors at play, but those sweaty palms and whirling thoughts are a result of your anxiety—not your deep failures as a person. Remind yourself of this.

REFOCUS

Now that you've gotten a handle on what you're experiencing and why, it's time to refocus your mind. Refocusing could mean doing a quick meditation, calling a friend, listening to a podcast, or even journaling about your feelings during this pandemic. You want to give your brain something to do besides spouting negative thoughts and train your mind to handle anxiety by coping, rather than spiraling.

REVALUE

Now that you've gained a little perspective, ask yourself: *How accurate were my thoughts and urges? What would have happened if I gave into them? And what would I like to do now?* You can view your experience for what it really is, rather than what it may have felt like in the moment.



IF YOU ARE IN A HOME WHERE YOU DON'T FEEL SAFE, LIVE HELP IS AVAILABLE THROUGH THE IL DOMESTIC VIOLENCE HOTLINE 24/7 CALL OR TEXT 1.877.863.6338