



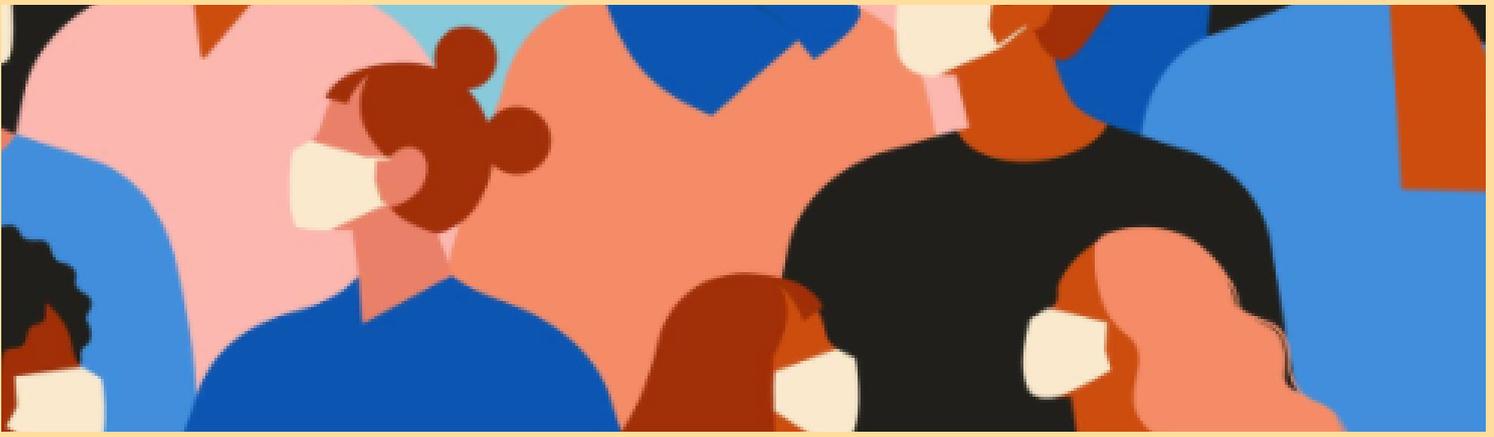
THE NETWORK: ADVOCATING AGAINST DOMESTIC VIOLENCE

COVID-19 & Managing Wellness During Quarantine

QUELLING PANDEMIC-RELATED ANXIETY

The impacts of COVID-19 on our organizing community and victims has been vast. Our thoughts are with all of you and we hope you're safe and healthy. We are reminded of just how critical it is to support one another during these challenging times. The following are some tips on maintaining wellbeing during this pandemic:

- Stay informed without overloading
- Focus on what you can control
- Identify catastrophic thoughts or cognitive distortions
- Observe your feelings without judgement
- Set boundaries with social media and your phone
- Ramp up your self-compassion
- Cultivate moments of hope



Working From Home

CULTIVATING COMMUNITY FROM A DISTANCE

Adapted from Nora Feely's "Working From Home: Tips to Stay Sane While You Are Social Distancing & Self-Quarantining"

- **MAKE YOUR SPACE LIVABLE:** Clean up, tidy, move stuff around so it is more workable for you. Make this a space you **want to be in**.
- **CREATE DAILY SYSTEMS:** Have a **rhythm to your day**. Get up, make tea, give yourself a schedule for what you do and when you do it. Create a fake new normal.
- **STAY CONNECTED VIRTUALLY:** Start watching a show or listening to a book in tandem with people you know. Video chat, have lunch with friends over Zoom. **Utilize technological communication.**
- **DON'T WEAR PJ'S ALL DAY:** This is not to say you have to wear jeans or work clothes at home. Wear comfy clothes that **feel good to you!**
- **SET LIMITS TO SOCIAL MEDIA TIME:** Give yourself social media boundaries and **challenge yourself to use your time differently.**
- **SET HYDRATION GOALS:** Hydration is key to **remaining healthy**. Add lemon, mint, whatever makes you want to drink more water.
- **FIND MOVEMENT:** Create regular movement routines that feel good for your body and ability. Find solitude in a yoga meditation practice, or pick a workout video and do it in tandem with your friends. **Get creative!**
- **CREATE OCCASIONS:** Social distancing can change your bar for what is interesting and exciting. Create reasons to do something with **togetherness and intentionality.**

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