

**THE PANDEMIC IS IMPOSSIBLE BUT
CARING FOR YOURSELF IS POSSIBLE.**

At a time in the pandemic where we're once again experiencing health anxiety and sadness and loss, it is important to try to take steps by self or in groups to ensure we look after our well-being.

We hope this helps and acts as a meaningful tool in looking after yourself. There are no right or wrong answers in this and is meant to act as a starting point in examining our needs.

RATING SCALE

1 I DO THIS POORLY/RARELY OR NEVER

2 I DO THIS OKAY/SOMETIMES

3 I DO THIS WELL/OFTEN

★ I WOULD LIKE TO IMPROVE AT THIS

SELF CARE ASSESSMENT

SELF

1 2 3 ★
☐ ☐ ☐ ☐

Give yourself rest in between tasks

1 2 3 ★
☐ ☐ ☐ ☐

Eat regularly

1 2 3 ★
☐ ☐ ☐ ☐

Wear clothes that make you feel better

1 2 3 ★
☐ ☐ ☐ ☐

Partake in hobbies that excite you

1 2 3 ★
☐ ☐ ☐ ☐

Seek out what comforts you, i.e. a movie

SOCIAL CARE ASSESSMENT

SOCIAL

1 2 3 ★
☐ ☐ ☐ ☐

Spend time with your people

1 2 3 ★
☐ ☐ ☐ ☐

Check in with your loved ones who are far

1 2 3 ★
☐ ☐ ☐ ☐

Ask for help when needed

1 2 3 ★
☐ ☐ ☐ ☐

Take time away from people if it drains you

1 2 3 ★
☐ ☐ ☐ ☐

Join communities that you identify with-
gender based or hobby based



CIRCLE OF CARE

As much as self care is important on an individual level, it is equally important to position ourselves in groups and circles that affirms and supports based on our needs.

A **circle of care** or group of friends can act as a way of staying in the loop of current events and news in a filtered and sensitive manner. A group format ensures that individuals can take turn in consuming news directly and then passing it onto others. This controls media exposure and anxiety associated with pandemic news or otherwise.

At the time of the second wave, we saw netizens come together in groups to gather medical resources for the population at large. A set up like that can be helpful in times of emergency, knowing there is a group of people who you can rely on for support- medical, emotional, problem solving.

Do you have a circle of care in place? If not, does this sound like something you want to do?