

10 TIPS

for Self-Care and Wellbeing During COVID-19

For various Black communities (African, African-American, Black Latinx, Afro-Caribbean, etc.) COVID-19 related stressors and increased hate-crimes/state violence may be additional layers of trauma on top of preexisting traumas (racism, transphobia, xenophobia, basic needs scarcities, etc.). We acknowledge that oppression, trauma and the COVID-19 related health, economic and political crises impact Black communities uniquely. We seek to offer culturally responsive resources and services that honor these intersections.

The Coronavirus (COVID-19) pandemic and societal unrest impacts people in various ways. It is common to feel:

- Fearful about individual and collective safety and health
- Sad or depressed
- Despair, hopelessness or tired of fighting
- Unjust, angry or frustrated
- Anxious or worried
- Distressed by oppression
- Fearful of future outcomes
- Distressed about lack of access to proper housing, finances and health care
- Lonely, isolated or bored

[Learn More](#)



For more information and additional resources, please visit:
www.HealSanFrancisco.org/resources



San Francisco Health Network
Behavioral Health Services

Recognition of Wellness Needs

1



Explore culturally-specific wellness support options

Explore mental health and substance use services that can be helpful



2



Understand when your mind, spirit and body are feeling stressed

3

Wellness Management

Acknowledge your strengths and cultural healing tools



4

Manage stress and symptoms (talk to a friend, rest, dance to music)



Decrease stressful triggers and limit the time you spend watching news and media

6



7

Acknowledge the impact of oppression endured and seek out supportive resources. Interrupt racism, transphobia, xenophobia and oppression. Report to 3-1-1



Wellness Support and Needs

Seek wellness support for yourself and your loved ones while sheltering in place



8

Seek resources for basic needs and call 2-1-1



9

Increase social support during physical isolation (contact a friend)

10

