Self-Care for Self-Advocates

How to Take Care of Yourself During COVID-19
Social Distancing

- Social Distancing is a term that is being talked about a lot in the last few weeks.
- Social Distancing means keeping a bigger than normal distance away from other people.
- It means staying at home.
- It means not shaking hands, hugging, kissing, fist bumping, or touching.
- It means keeping at least a 6 foot distance from yourself and others at all times.
How to Stay Connected

• Practicing Social Distancing does not mean you have to be isolated
• There are many different ways you can stay connected including:
  • Using video chat with family, friends, support staff
  • Attending a phone/video self-advocacy meeting
  • Joining an online support group
  • Sending messages, or emails to the people you usually talk to
  • Attending webinars or other online meetings
  • Attending online church services
  • Connect on Social Media
Feelings are Real

• You may be having a lot of feelings right now.
• Remember, your feelings are real and it is okay to talk about your feelings with someone you trust.
Who Can You Talk To?

- Friends
- Family
- Neighbor
- Self-Advocacy Network Staff

- Case Manager
- Support Staff
- Crisis Phone Lines
- Disability Rights Organizations
Practice Self-Care

- Self-Care is taking care of your self in a way to manage stress and your feelings.
- There are many different ways you can practice good self-care.
Ideas for Self-Care

• Start a Journal
• Take a bubble bath
• Read or Listen to a Book
• Look at the Stars
• Try some yoga (Chair yoga)
• Stretch
• Chew some Bubble gum (See how big you can make a bubble)
• Watch the clouds go by
• Make a cup of tea
• Read a magazine
More Ideas

• Watch your favorite movie (At home)
• Go for a walk (just stay at least 6 feet away from others)
• Make a craft
• Bake a new recipe
• Play with your pet
• Sing!
• Meditate (You can find meditations for free on Spotify)
• Listen to music
• Listen to a Podcast
• Dance
Control What You Can

- When you feel overwhelmed it is important to focus on the things you can actually control in a situation.
- Worrying about all the big stuff that can’t do anything about can make you feel really anxious.
Household Resources

• Making sure you have enough items in your household to stay home is important.

• Many people with disabilities do not have extra money to “stock up.”

• You can ask someone to go to the grocery store for you.

• Tell your support staff, family, or case manager if you are running low on medicine, food, pet food or other household supplies.
Ways for Self-Advocates to Connect

• See if your Local Self-Advocacy Meetings can happen by phone or video conference

• Self Advocacy Resource Technical Assistance Center (SARTAC)
  • SARTAC will hold weekly webinars
  • SARTAC will have information about how to use video conferencing
Questions?