

Safe Coping Skills

- **Take three long, deep breaths**
- **Ask for help:** reach out to someone who makes you feel safer
- **Take good care of your body:** healthy eating, fitness, sleep
- **Set a boundary:** say "no" when you need to
- **Compassion:** listen to yourself with respect and care
- **Pace yourself:** if overwhelmed, go slower. If stagnant, go faster
- **Talk yourself through it:** positive self-talk can help you through tough situations
- **Watch for danger signs:** handle the problem before it becomes huge - notice the red flags
- **Healing above all:** focus on what really matters
- **Trust the process:** just keep moving forward, the only way out is through
- **Integrate the split self:** accept all aspects of yourself; they are there for a reason
- **Self-nurture:** do something you really enjoy
- **Use kinder language:** make your language to yourself and others less harsh
- **Take responsibility:** take an active, not a passive approach

Signs of a Stress Reaction

Physical

Nausea/vomiting
Weakness
Difficulty breathing
Chest pain

Mental

Confusion
Nightmares
Poor concentration
Forgetfulness

Emotional

Fear/guilt
Panic/anxiety
Grief
Anger/irritability

Behavioural

Withdrawal
Restlessness
Changes in appetite
Insomnia

Strategies that may help you cope with stress:



THANK YOU FOR PARTICIPATING IN THE BCC3 STUDY

We would love to stay in touch! Please let us know if you have any questions at all. If your contact information changes, please contact our study coordinator:

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For study updates, connect with us online!



www.hivhear.me.ca



@ HIV_HEAR_me

Wellness Resources

Participating in this research project may have brought up feelings and emotions for you. This pamphlet contains information that may help you cope.

It also contains information on signs of a stress reaction and suggestions on how to manage and cope with stress.

Note: Before accessing the services below, we suggest you call ahead to find out more, as cuts/changes to programs can occur.

Province-wide services

Clinics/community Health Centres

Oak Tree Clinic

4500 Oak St. Vancouver | 1-888-711-3030

"Options for sexual health" clinics

optionsforsexualhealth.org | 1-800-SEX-SENSE

Pacific AIDS Network (PAN)

603 - 402 West Pender St. Vancouver | 604-569-1998

AIDS Service Organizations

ViVA (an online peer support network for women)

vivawomen@gmail.com | 1-866-482-3445

ASO411 (an online listing of HIV services in Canada)

<https://hiv411.ca/>

AIDS Vancouver

1101 Seymour Street (4th floor) Vancouver | 604-893-2201

Positive Living Development Institute

<https://pldi.ca/>

Services in Fraser Region

Community Resources

Maxxine Wright Community Health Centre

2-13733 92nd Ave, Surrey | 604-587-3835

Umoja Operation Compassion Society

10025 Whalley Blvd, Surrey | 604-581-5574

Kla-how-eya Aboriginal Center of Sacs

13629 108th Ave, Surrey | 604-584-2008

National Congress of Black Women Foundation (NCBWF) BC

Suite 208-5066 Kingsway, Burnaby | 604-605-0124

Lower Mainland Purpose Society

40 Begbie St, New Westminster | 604-526-2522

The Elizabeth Fry Society of Greater Vancouver

402 E Columbia St, New Westminster | 604-520-1166

Fraser Region Aboriginal Friendship Centre Association (FRAFCA)

10095 Whalley Blvd A101, Surrey | 604-923-1166

Lookout Housing and Health Society

544 Columbia Street, New Westminster | 604-255-0340 or 604-589-8678

Surrey Housing & Health Society

544 Columbia St, New Westminster | 604-255-0340

HIV/AIDS Community Resources

Positive Health Services - Jim Pattison Outpatient Care and Surgery Centre

9750 140th St, Surrey | 604-582-4581

Positive Living Fraser Valley Society

32883 South Fraser Way, Abbotsford | 604-854-1101

Afro-Canadian Positive Network of BC (ACPNET)

10619 King George Blvd, Surrey | 604-626-9242

Heart of Richmond AIDS Society

#303-6411 Buswell St, Richmond | 604-277-5137

Positive Haven

10697 135a St, Surrey | 604-588-9004

BCC3 Goal

We are taking a holistic research approach to better understand the complexities of aging with HIV, as well as the physical, mental, and reproductive health of women living with HIV. Your voice is very important to us, and we are grateful to you for your participation in this study!

