

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:

Amber Campbell

604-868-5075

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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 the Interior

Community Resources

Outreach Urban Health Centre

455 Leon Ave, Kelowna | 250-868-2230

North Okanagan Youth and Family Services Society

3100 32nd Ave, Vernon | 250-545-3572

Boys and Girls Club of Williams Lake & District

17 South, 4 Ave S, Williams Lake | 250-392-5730

Kamloops Aboriginal Friendship Society (KAFS)

119 Palm St, Kamloops | 250-376-1296

Turning Points (Cammy Lafleur Street Outreach)

#102-3301 24 Ave, Vernon | 250-542-3555

HIV/AIDS Community Resources

Living Positive Resource Centre

255 Lawrence Ave, Kelowna | 778-753-5830

AIDS Network West Kootenay Outreach and Support Society (ANKORS)

101 Baker St, Nelson | 250-505-5506

AIDS Network East Kootenay Outreach and Support Society (ANKORS)

#209A-16th Ave N, Cranbrook | 250-426-3383

ASK Wellness Society

433 Tranquille Rd, Kamloops | 250-376-7448

Okanagan Aboriginal AIDS Society

101-266 Lawrence Ave, Kelowna | 250-862-2481

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!

