

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

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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 on the Island

Community Resources

Island Sexual Health Centre

#101-3960 Quadra St, Victoria | 250-592-3479

Port Hardy Health Unit - Youth Clinic

#12-7070 Market St, Port Hardy | 250-902-6071

Victoria Cool Aid Society - Downtown Community Centre

755 Pandora Ave, Victoria | 250-383-0076

Peers Victoria Resource Society

1-744 Fairview Road, Victoria | 250-388-5325 or 250-744-0171 (night outreach)

Central Vancouver Island Harm Reduction Services

Health Matters! CVIHRS Downtown Nanaimo | 250-753-6759

HIV/AIDS Community Resources

AVI Health & Community Services - Westshore/Langford

111-2787 Jacklin Rd, Langford | 250-940-3605

AVI Health & Community Services - Victoria

3rd floor - Access Health Centre, 713 Johnson St, Victoria | 250-384-2366

AVI Health & Community Services - Nanaimo

102-55 Victoria Rd, Nanaimo | 250-754-9111

AVI Health & Community Services - Courtenay/Comox

355 6th St, Courtenay | 250-338-7400

AVI Health & Community Services - Campbell River

1371 c. Cedar Street, Campbell River | 250-830-0787

Vancouver Island Persons Living with HIV/AIDS Society (VPWAS)

support@vpwas.org | 250-382-7927

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!

