

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 in Northern

Community Resources

Central Interior Native Health Society

365 George St, Prince George | 250-564-4422

Association Advocating for Women/Children (AWAC)

144 George St, Prince George | 250-562-6262

Prince George New Hope Society

1046 4th Ave, Prince George | 250-562-8680

Prince George Native Friendship Centre

1600 3rd Ave, Prince George | 250-564-3568

Carrier Sekani Family Services

987 4th Ave, Prince George | 250-562-3591

Prince George & District Elizabeth Fry Society

1575 5th Ave, Prince George | 250-563-1113

Quesnel Shelter and Support Society - Seasons House

146 Carson Ave, Quesnel | 250-991-0222

Southside Health & Wellness Centre

27920 Wellness Way, Burns Lake | 250-694-3270

HIV/AIDS Community Resources

Positive Living North: No khēyoh t'sih'en t'sehena Society

1563 2 Ave, Prince George | 250-562-1172

Positive Living North

3862 Broadway Ave, Smithers | 250-877-0042

Prince George AIDS Prevention Program

1108 3rd Ave, Prince George | 250-564-1727

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!

