

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 Vancouver Coastal Region

Community Resources

Kílala Lelum Clinic

626 Powell St, Vancouver | 604-620-4010

WISH Drop In Centre

334 Alexander St, Vancouver | 604-669-9474

Women Against Violence Against Women (WAVAW) Rape Crisis Centre

2405 Pine St, Vancouver | 604-255-6228

Sheway

533 E Hastings St, Vancouver | 604-2161699

Downtown Eastside Women's Centre

302 Columbia St, Vancouver | 604-681-8480

Three Bridges Community Health Centre

1128 Hornby St, Vancouver | 778-871-7132

Spectrum Health

Suite 702 - 1080 Howe St, Vancouver | 604-681-1080

Downtown Community Health Centre (DCHC)

569 Powell St, Vancouver | 604-255-3151

Pender Community Health Centre

59 West Pender St, Vancouver | 604-669-9181

Vancouver Aboriginal Health Society

449 E Hastings St, Vancouver | 604-254-9949

Vancouver Women's Health Collective

29 W Hastings St, Vancouver | 604-736-5262

Vancouver Friends For Life Society

1459 Barclay St, Vancouver | 604-682-5992

HIV/AIDS Community Resources

YouthCo HIV & Hep C Society

205 - 568 Seymour St, Vancouver | 604-688-1441

A Loving Spoonful

1449 Powell St, Vancouver | 604-682-6325

Dr. Peter AIDS Foundation

1110 Comox St, Vancouver | 604-608-1874

John Ruedy Clinic

1081 Burrard St, Vancouver (St. Paul's Hospital) | 604-806-8060

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!

