

- **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

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:

Listening to music



Journaling



Eating nourishing meals



Exercising



Making artwork



Meditating



THANK YOU FOR PARTICIPATING IN THE REDOSE 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:

Marcela Silva

604-868-5075

marcela.silva@cw.bc.ca

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

“Options for sexual health” clinics

optionsforsexualhealth.org | 1-800-SEX-SENSE

Pacific AIDS Network (PAN)

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

Health Initiative for Men (HIM)

310-1033 Davie St. Vancouver | 604-488-1001 |

604 675 2767

AIDS Service Organizations

CATIE Where to? (an online listing of HIV services in Canada)

<https://whereto.catie.ca/>

AIDS Vancouver

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

Positive Leadership Development Institute

<https://pldi.ca/>

SERVICES IN VANCOUVER COASTAL REGION

Community Resources

Hope to Health Clinic

611 Powell St, Vancouver | 604-416-1517

Kílala Lelum Clinic

626 Powell St, Vancouver | 604-620-4010

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 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

Vancouver Virology Centre

302-1160 Burrard St Vancouver | 604-336-2039

Dr. Peter AIDS Foundation

1110 Comox St, Vancouver | 604-682-1874

John Ruedy Clinic

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

REDOSE GOAL

We hope to better understand the influences of sex, gender, and age on the concentrations and side effects of HIV medications. Your contribution is very valuable to us, and we are grateful for your participation in this study!

