

This is a source of information. This is not a recommendation, endorsement, or referral.

[crisis information for families](#) (CHCCS System of Care document)

[Co-vid 19 resources compiled by School Social Workers in CHCCS](#)

[food and financial resources compiled by School Social Workers CHCCS](#)

[Resource list compiled by Health Department Orange County NC](#)

[Resources compiled by Town of Chapel Hill](#)

[Orange County NC Resource List](#)

[Co-vid 19 resources compiled by Community Empowerment Fund \(CEF\)](#)

Two COVID-19 Resources Extensive Lists created by the Community Empowerment Fund and Duke students were merged. We finally completed the translation of all tabs to Spanish. Even though these lists were made for Durham and Orange Counties, there is a lot of information that involves regional, state and Federal resources so it may apply to other counties as well.

Orange County

English [tinyurl.com/chcovid19resources](https://tinyurl.com/chcovid19resources)

Español [tinyurl.com/chcovid19recursos](https://tinyurl.com/chcovid19recursos)

Durham County

English <http://tinyurl.com/ducovid19resources>

Español <http://tinyurl.com/ducovid19recursos>

[Co-vid 19 National resources for undocumented families](#)

[helping your child cope during the school building closure](#) article

[article about coping during the crisis](#)

[Corona Virus Social Story](#)

[Self Care Tips English and Spanish/](#)

[ideas o consejos de autocuidado ingles y espanol](#)

[Free food options](#)

## Distraction

Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.

### Pros

Gives your heart & mind a break.  
Great for short term relief.  
Great to get through a crisis.

### Cons

Can't do it for too long.  
Doesn't resolve any underlying issues. Meds can make it hard to concentrate.

## Grounding

Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.

### Pros

Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected).  
Reduces physicality of anxiety.

### Cons

Sometimes it's better to stay a bit dissociated (that's how your mind protects you).

## Emotional Release

Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!

### Pros

Great for anger and fear.  
Releases the pressure of overwhelming emotion.

### Cons

Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)

## Self Love

Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.

### Pros

Become your own best friend, your own support worker.  
Great for guilt or shame.  
You deserve it!

### Cons

Sometimes can feel really hard to do, or feel superficial (but it's not).

## Thought challenge

Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts – what advice would you give them?

### Pros

Can help to shift long-term, negative thinking habits.  
Trying to be more logical can help reduce extreme emotion.

### Cons

The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.

## Access your higher self

Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause

### Pros

Reminds us that everyone has value and that purpose can be found in small as well as large things.

### Cons

Don't get stuck trying to save everyone else and forget about you!

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# WHAT'S YOUR SELF-LOVE LANGUAGE?

By Blessing  
Manifesting

## Physical Touch

Things that make your body feel good or focus on your physical being.

Massages  
Soft blankets  
Physical activity  
Spa days  
Skincare routine  
Swimming  
Stretching

## Acts of Service

Doing or arranging things for yourself that make you feel good.

Therapy  
Acts of Kindness  
Scheduling  
Cleaning  
Delegating  
Going Out

## Receiving Gifts

Treating yo'self by purchasing things that make you happy.

Trips  
Craft supplies  
Comfy clothes  
Little gifts  
Indulgences  
Investing in yourself

## Quality Time

Spending time alone, hobbies & doing things that you love.

Meditation  
Hobby/creative time  
Taking yourself on dates  
Relaxing

## Words of Affirmation

Giving yourself pep talks and encouraging yourself.

Positive self-talk  
Daily affirmations  
Journaling  
Mantras

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