

Selfcare Guide

Look after yourself
during the COVID-19
crisis



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Dear doctors, nurses and support staff,

We know you are going through a really difficult time and we want you to know we are thinking of you and we wish to support you. Through research and experience we have come up with some tools and tips that may help you during this time.



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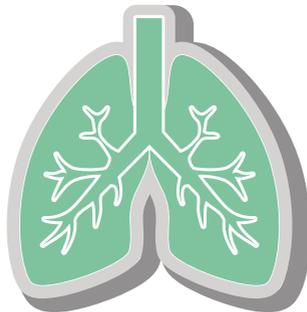
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Breathing

Breathing has been found to take you from a sympathetic state to a parasympathetic state, basically, it takes you from a stressed state to a calmer one. It can therefore help with anxiety and lower blood pressure (1).

Here is an easy way that works, practice it whenever you feel overwhelmed:

1. Breathe air slowly into belly for a count of 4
2. Hold it in for a count of 7
3. Breathe out for a count of 8
4. Do this 5 times.
5. Repeat as many times as needed



Calm

As you know being afraid can cause your body's immunity to decrease. Although it's difficult, try to remain calm, and know that this too shall pass. These YouTube videos can help, please click on accessible links below:

- <https://youtu.be/Q6MgQrX7Qh4>
- <https://positivepsychology.com/gratitude-journal/>
- <https://youtu.be/FGO8IWiusJo>

Note: Don't forget to do any activity that you enjoy such as walking, exercising (2), drawing, painting, writing etc.



Foods

These are foods that have been proven to help increase immunity, to give you that extra push and body support (3). These foods are easily found in the home. Foods such as:

- Different colored fruit and vegetables
- Oranges, red peppers (vitamin C)
- Zinc plays a significant role in boosting immunity. Zinc lozenges can help with increased zinc intake during this time.
- Garlic
- Probiotics
- Peel of oranges or lemon in green tea (Quercetin and EGCG)
- Use spices (especially Turmeric)
- Brazil nuts (high in Selenium) and don't forget to get your daily dose of Sunshine!! (Vitamin D)



Help and Support

Please know that anyone can contract Covid19, especially if working in an environment where the chances of contracting it are high. It can affect even the most careful of you and there's no shame or blame if you contract it. We are here to tell you that you will receive all the support you need, especially if you're extremely depressed and frightened.

www.coronacarekw.com offers advice and counseling from experienced professionals for any questions related to your mental health during the COVID-19 pandemic. Please don't hesitate to contact them if you would like to talk to someone who can help with your fears. These sessions are free to help anyone in the medical/hospital setting that needs immediate support. You are not alone.

We would like to say a big 'thank you' for everything you are doing to keep us safe and we wish you all continued good health and comfort during this difficult time.



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About Us

Soroptimist Kuwait (SK) is a local chapter of Soroptimist International (SI), a global nonprofit network of some 75,000 professional and business women, who work together at local, national and international levels to educate, empower and enable women and girls to realize their rights and improve their lives. We are a registered non-profit society by the Ministry of Social Affairs and Labor (MOSAL) under the number: August 2016 (86/A الرقم الوزاري).

In 2019, ANA was founded with the sole purpose of mental health empowerment, with a focus on women's mental health. This platform's specific goal is to connect you with compassionate and qualified mental health care professionals that have your best interests at heart. ANA is here to provide you with helpful information that we hope you can use in your daily life so that you can feel connected with the rest of the world. You are not alone, we are here with you and offer all our support.

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