

COVID-19

RESILIENCE TOOLKIT

GROWING STRONGER

10 KEY STEPS FOR GROWING STRONGER WITH RESILIENCE THROUGH THE CORONA PANDEMIC

We as a large world community are facing an extraordinary challenge: keeping healthy against the threat of rapidly spreading novel Covid-19 virus. Starting with flu-like symptoms, the virus attacks the airways leading to severe breathing difficulties in the most vulnerable, that is, those whose immunity is decreased because of various reasons: age over 65, living with chronic illness, taking immunity reducing medicines. Rapid spread of the virus along with severity of its symptoms led health specialists to recommend social distancing, confinement and thorough hand washing to our governments who took actions to implement these guidelines.

ABOUT THE RESILIENCE TOOLKIT

This toolkit has been written and developed by Dr. Anbreen Slama-Chaudhry. She is a medical doctor (GP), Health & Wellbeing Consultant, Chronic diseases Patient Education and Self-Care Specialist. She is also the founder & CEO of Medical Training Services, a Swiss registered health training company.

Designed and produced by Anankemag.com, this document offers a system for reducing stress and practical guidance in promoting resilience among individuals, communities and organizations during these unprecedented times of the COVID-19 pandemic.

Increasing number of severe cases in countries, indoors confinement and isolation, have put unprecedented pressure on individuals, who face a wide range of emotions: anxiety, fear of disease & death, anger, helplessness. At the same time, beautiful initiatives have risen around the globe to celebrate life, express solidarity and joy such as communities cheering on their balconies at set time every evening or artists sharing their piece of art online be it singing, book reading or dancing.

Communities will grow stronger and have greater resilience through Covid-19 pandemic, with everyone finding a way to cope with this new state of the world.



MANAGING THE CRISIS

A PRACTICAL FRAMEWORK

1 STAY SAFE

Respect social distancing with confinement, wash hands thoroughly, don't mix generations to keep grand-parents safe.

This will help flattening the Covid-19 spread curve.

2 FULFIL YOUR BASIC NEEDS

Warm shelter, access to water, food & sanitation, security.

This will ensure your basic life comfort.



3 TAKE ACTIONS TO KEEP HEALTHY

Healthy eating: make sure your meals are balanced (healthy plate: $\frac{1}{4}$ carbs: rice, pasta, potatoes, $\frac{1}{4}$ proteins: meat, legumes, dairy, $\frac{1}{2}$ fibres: vegetables), if snacking: replace high calories processed biscuits & cakes with natural food such as fruits or dairies.

Establish physical activity plan, using online fitness instructor or virtual groups.

Stay hydrated: drink plenty of water to help your organs function and flush toxins out of your body.

Keep a normal sleep routine, allowing your body to rest and feel refreshed (no screens at night in bed, their blue light is damaging to your eyesight and sends message to your brain to stay awake).

Avoid cravings if you are subject to any kind of addiction. Symptoms of missing a substance we are regularly using (it may be sugar, alcohol, smoking, or any other drug) can be as subtle as bad mood. It is perhaps the best time to progressively reduce your regular consumption and maybe quit.

Keep a daily routine which includes getting up on time, taking a shower and getting dressed, having a daily activity plan, also trying to limit "screen time" to a reasonable amount. It is fundamental not to reverse your day/night rhythm as this might strongly impact your health.

This will allow you to keep a healthy lifestyle, with positive impact on your mood and weight through "feel good" hormones secretions, blood circulation and not stocking calories in new kilos.

DAY HOURS WILL PASS
SMOOTHLY IF
HAPPINESS IS AROUND.

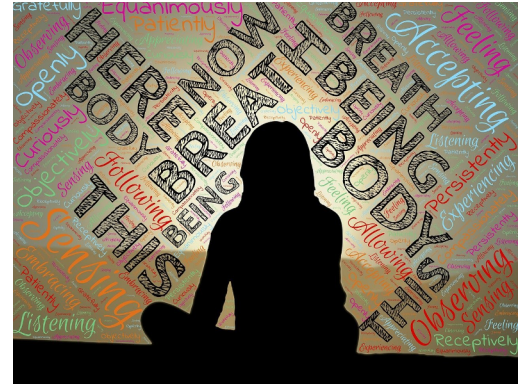
4 DEDICATE TIME FOR YOUR MINDSPACE

Allow yourself a quite time, away from e-working, e-schooling, family or social media interactions.

Focus on your breathing, making sure your respiration is profound, inhaling air deep to the last lung space (pulmonary alveoli) from your nose and exhaling slowly through your mouth up to the last air drop is out, ensuring air turnover in your precious airways.

Try new practices such as mindfulness, yoga, meditation or prayer.

This will put your stress/fight mode nervous system on hold, leveraging stress hormones and start off the parasympathetic nervous connections: slowing down breathing pace, cardiac rhythm and regulating bowel movements.



5 LISTEN TO YOURSELF

First things first: if you are not well, your loved ones won't be. Make sure you don't overdo.

Provide self-care in any way possible, caring for your body, mind and soul.

This will allow you get stronger and resilient through any difficult situation.

SELF CARE MAKES
YOU STRONGER IN
DIFFICULT TIMES

6 ENJOY

Feeling pleasure is an essential need and joy is a strong resource to face any tough situation. Make sure to have joyful moments everyday: family games, karaoke time, playing music, baking together, sharing jokes, doing art & craft with children, watching feel good. programmes/movies, and many more!

Practise your favourite hobby that maybe you did not get time for earlier.

This helps mood stability, diffuse anger and conflicts, strengthen family ties. Day hours will pass smoothly if happiness is around.



7 DECLUTTER

Home confinement might be the perfect occasion to do the decluttering that was long overdue... cupboards, kitchen closets, toys: it is perfect time to reflect on what is really needed and what can be put on the "let go, give away" pile, recycling with fulfilling other people's needs.

Same **decluttering** applies to computer desktops, clouds and other drives, that in another way are consuming energy for your data to be stored in faraway data centres.

This will keep your hands and mind busy not thinking too much about surrounding events.

8 CARE FOR YOUR HEALTH

Your health is your most precious asset that requires your full attention. Every action described earlier will contribute to keep you healthy.

If you are living with any kind of illness, be attentive to your body signals and make sure to react fast enough.

Take your treatment regularly, drink enough water (helps medicines to get smoothly absorbed and circulate in the blood to reach their target action).

This will make you your first care provider as you know yourself best, caring for you 24/7/365!



8

IF ILL, DON'T PANIC

Monitor your health: take your temperature, make a list of symptoms you are feeling, give yourself rest.

Call your primary care provider for advice.

Don't rush to hospitals or clinics as they might be overwhelmed with cases and you might put yourself at risk of contracting infection.

Follow medical guidance you receive from known health professionals, Internet might not be the best information source

If you feel anxiety, voice it. This is something important as physical illness and must be tackled right away.

It has never been so easy to stay connected to one another and informed as it is today with social medias and information technologies. Stay in touch with your family members and friends to share your day, joys and worries.

10 STAY CONNECTED & INFORMED

Join community groups on social medias or other online discussion/chat groups, keeping in mind to share positive messages, questions and worries, without spreading fear or harmful comments.

Give preference to your usual information channels to get latest news, keep connected to your professional circle, enjoy virtual gatherings with your regular friends' groups.

This will give you a sense of belonging, as long as you are grounded in reality (your daily routine and life) and not totally carried away by the realm of the world wide web.

THESE TOUGH TIMES MAYBE AN OPPORTUNITY FOR TAKING CONSCIOUS SELF-CARE ACTIONS, ENHANCE ADAPTATION AND WORK TOWARDS SELF REALIZATION WITH BUILDING RESILIENCE. LET US ALL HOPE TO EMERGE AS BETTER VERSIONS OF OURSELVES AT THE END OF THIS.



WITH EACH OTHER'S SUPPORT, TAKE CARE & STAY SAFE!

ABOUT DR. ANBREEN SLAMA-CHAUDHRY

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Her domain or expertise are:

1. **Care Providers-Patients/Community Health Empowerment**
2. **Capacity Building**
3. **Self-Care Education**
4. **Chronic Diseases Care**

ABOUT MTS

Medical Training Services (MTS) is a Swiss registered health training company, whose vision is "A world where everyone has the knowledge and ability to make healthy choices, regardless of their educational or social background". The organization's mission is to provide equitable knowledge and skills access empowering everyone to make informed health choices throughout their life course.

Focus areas:

- Promoting holistic self-care practices
- Creating equity in the doctor-patient partnership
- Building capacity of care providers
- Raising health awareness across communities
- Enabling individuals to practice measures aimed not only at curing but also preventing specific health issues
- Focusing on Chronic Diseases Management & Support

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ABOUT ANANKE

Ananke is a digital platform empowering women through awareness, advocacy and education. Founded in 2014, the platform strives to create conversations focusing inclusion and diversity. We believe an inclusive dialogue leads to transformative social change.

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