

Feminist Self-Care and
Solidarity in times of
Coronavirus

These tips are designed to help individuals make choices that support their own wellbeing during this time of coronavirus. At the same time, it also acknowledges that we are part of a community and a wider society.

These tips also aim to raise awareness of the impact this crisis has on women* and children especially, and to provide opportunities to reach out and support women* and families, as well as others who are experiencing helplessness and threat to life.

By taking a sociopolitical perspective, medica mondiale hopes to broaden the discussion beyond the individual realm and look to institutions, systems and policies to respond by meeting the acute and long-term needs for safety, security and care of the individuals and communities most affected.

It is often possible to make even very small or bigger individual choices. At the same time, it is equally necessary that we do not individualise the psychosocial consequences, like violence against women* and other forms of human-rights violation like racism, discrimination and poverty that are amplified by this crisis.

Applying a transnational view on and during this crisis invites exchange on the impacts beyond the borders of countries or continents, and sharing of information, tools and resources of how different communities cope with the crisis at hand, inspiring collective and global acts of solidarity.

People experience this situation differently. Some of the tips might speak to you more than others, or perhaps none of them speak to your situation and experience. Please use these tips in whichever way is most helpful to you and share them if you know someone who could benefit from them.

That being said: Stay well!

Reconnect to **Stories of Resilience**

It may be helpful to remember how you used your strengths to overcome adversity and hardship in the past, perhaps remembering stories from your own life, your family history, or your community.

Perhaps try to identify the strengths and resources that are available to you now to cope and move through this challenging time. You could reach out to others to exchange stories on what they and other women* have done to overcome and thrive in the face of adverse circumstances.

[#femalepower](#)

Social Distancing \neq Social Isolation

Ironically, the coronavirus forces us to physically distance ourselves, and at the same time, it highlights our immense need to connect and stay connected. As we keep our distance from others, it may be helpful to increase social connection in other ways, such as through technology and acts of solidarity.

Social support is essential in moving through hardship and helping us recover after it passes. Social distancing speaks only to physical distance, and should not equal social isolation for anyone!

#socialconnection

Find Meaningful Action!

Finding meaning in our actions at this time can help us transform helplessness and fear into purpose!

It may, for example, be helpful to remember that we are all part of the global effort to decrease the impact of this current situation. Either by providing health and social services, working as cashiers, being a social justice activist, or if possible, staying at home. We are all taking incredibly powerful and critical action to help society as a whole and those who are most vulnerable!

#allinthistogether

Create New Routines and Rituals!

We are all in a state of transition as we adapt to this situation. It may be helpful to make changes to your routine to attend to your unique needs during this time, and perhaps the needs of your family or community.

Perhaps consider creating space for movement, creativity, leisure and humour. The new rituals could include getting in touch with neighbours, making music together and taking more care of each other.

[#newroutines](#)

Recognize Your Limits!

We cannot do everything at once, and we all have limits. Try to recognize your physical, mental and emotional limits and perhaps, if possible, take time out and find little moments to rest despite all the demands placed upon you.

This can be helpful in recovering from additional stress.

[#lookafteryourself](#)

Reorganise Roles & Responsibilities

How do you organize yourself within your family or partnership? Does this division work? What can perhaps be done differently and therefore better?

If household tasks are well shared, gender stereotypes can be challenged and the burden on individuals reduced.

This new routine may even last post-Corona 😊

#createanewnormal

Find Ways to Express Your Feelings

We all have our own emotional reactions to the crisis. There is no right or wrong way for anyone to feel right now.

Think about what activities can help you express your feelings and try to be lenient and open to them. Become aware of how you react to stress and fear and how this can affect others.

#bekindtoyourself

Connect to What Feels **Nurturing to You**

Try to find creative ways to connect with what helps you feel nurtured, soothed and cared for.

This could, for example, involve accessing support systems through technology, perhaps connecting with nature, or even something that feels bigger than you, perhaps through art, literature, spirituality or music.

[#feelingconnected](#)

Balance Media **Exposure**

Staying informed about what is happening around us is important. It is also important that we use media wisely, as it can easily spread anxiety and misinformation.

If it is helpful, try setting limits around media use without losing sight of important facts about how to stay safe and protect others. At the same time, try to balance it with uplifting news. If possible, share information, resources and ideas that are calming and helpful for others.

[#stayinformed](#)

Get Politically. **Engaged!**

Getting involved in politics can give us a sense of self-efficacy. If this is true for you, participate in public discourse and try to share information that contributes to awareness raising and social change.

Especially right now, it is important that those in desolate situations - including homeless women*, refugees in camps and people in conflict regions – are not forgotten or left behind (#leavenoonebehind).

#frauenrechtesindmenschenrechte

Practice and Enjoy. **Feminist Solidarity.**

Feminist solidarity during this time can involve finding ways to strengthen women* by keeping in touch with each other and supporting women*'s rights initiatives. It can also mean using your community channels to reach out to women* who might need support in terms of contact and connection, such as elderly women*, refugee women* or other women* with vulnerabilities.

With increasing rates of family and intimate partner violence being documented during this time, we need to all be aware of our role as society, community and individuals in reaching out and providing opportunities for protection, safety and support..

[#mybodyisnobattlefield](#)

#Corona

Stay safe!

#Feminist Solidarity