

# Intentional Peer Support Principles Applied during COVID-19

## SHIFTING THE FOCUS FROM:

### HELPING TO LEARNING TOGETHER

This is new territory for everyone and our needs may look different from person to person. When we come from a place of not knowing, we are able to learn what each others' needs are, and navigate together through uncertain times.

Let's embrace this crisis as an opportunity to learn and grow as a collective and deepen our understanding of how to be with others.



### INDIVIDUAL TO RELATIONSHIP

This pandemic affects the global community, and our individual actions can benefit the collective.

Social distancing is social care. Our personal actions of staying home, staying safe, and staying healthy gives medical professionals, essential workers, high risk individuals, and those we love a chance to do the same.

### FEAR TO HOPE AND POSSIBILITY

Everyone will have varying emotional responses and it's okay to respond differently. Feeling scared, uncertain, stressed, frustrated, anxious, numb, and/or overwhelmed is to be expected in uncertain times.

Embracing our discomfort allows us to move through our fears and towards hope and possibilities.



Folk Time

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# Intentional Peer Support Tasks Applied during COVID-19



## CONNECTION

By maintaining connection while social distancing, we can:

- Reach out virtually while being mindful of those who might feel most impacted
- Support small businesses as they move their products and services online
- Practice validating each others' experiences, rather than problem solving
- Understand disconnects are more likely during intense times and some can be necessary for growth in our relationships



## WORLDVIEW

By embracing different worldviews, we can:

- Understand how language creates reality, imploring us to talk about COVID-19 respectfully
- Recognize how our experiences shape the way we interpret the world and other people
- Expect different perspectives and accept multiple truths based on each persons' unique experiences
- Raise our awareness of how COVID-19 is affecting physical, mental, and emotional health around the world



## MUTUALITY

By navigating this difficult time together, we can:

- Create shared responsibility to negotiate what our relationships need to endure this collective trauma
- Be aware of power dynamics and how they are often exacerbated during times of crisis.
- Acknowledge intense emotions, and reach out to others to discuss what each of you sees, feels and needs
- Support each other through mutual aid, which is needed now more than ever



## MOVING TOWARDS

By asking what is possible, we can:

- Shift our focus toward creating hope for global healing and recovery
- Discover new beliefs and actions that challenge our old ways of operating in global systems
- Move away from a problem mindset which can keep us stuck in negative thinking
- Adapt to meet challenges and move towards new opportunities that focus on social change and social justice