



People of Color Surviving COVID-19: Ten Steps to Maintain Physical Distance While Staying Emotionally Close

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*“We draw our strengths from the very despair
in which we have been forced to live. We shall endure.”*

—Cesar Chavez

- 1. Acknowledge and Process** the magnitude of COVID19 and how it has changed your life and the lives of your family, community, and humanity. Talking with others and expressing yourself fosters connections.
- 2. Name the emotions** evoked by all the losses related to COVID19. It is normal to feel sad, worried, anxious, and uncertain about the many risks we are facing. It is also okay to feel angry at the racial disparities and lack of institutional support our Communities of Color continue to experience. We all deserve the same attention and support from our public leaders.
- 3. Grieve all of your losses**—from the massive loss of lives, to the sadness we feel for having to be physically separated from others, to the events and plans that had to change. Allow yourself to mourn each loss. They all hurt. No loss is too small.
- 4. Affirm your need and desire to be social.** Providing and receiving support, giving and receiving affection, and needing and wanting physical contact is healthy.
- 5. Stay Emotionally Close.** As People of Color, our communities have experienced centuries of pain that stem from centuries of racism and other forms of oppression. Yet our love and bond for our people have survived forced physical separation resulting from the horrors of slavery, internment, detention, incarceration, and caging of immigrants. Being physically separated does not mean you have to be emotionally distant. One way to nurture and sustain your connections is by using technology to have conversations, check-ins, and express our love caring for one another.
- 6. Resist the temptation to break social/physical distancing unless it is absolutely necessary.** It is okay to desire physical contact, but it is dangerous to risk your health and that of your loved ones. We must also resist messages that convey that money is more important than the lives of People of Color.
- 7. Show your love by taking care of your health and that of others.** Hopefully, COVID19 and our sacrifices are temporary. As we navigate this moment, demonstrate how much you love yourself, family, and friends by protecting one another.
- 8. Plan for the future.** While it may seem that we have no power to control what happens in our communities, our ancestors remind us that what we do today will determine what happens tomorrow. Let’s plan to use our strengths to help change the injustices our communities are facing. We can affect change by voting, organizing, resisting, and yes, doing our best to stay healthy.
- 9. Smile, laugh, and enjoy the little things in life.** We have the power to determine how we live each day and each moment. One of our greatest gifts as People of Color is our zest for life and our collective joy. Reconnect to the gifts inside of you to survive this deeply painful and uncertain time.
- 10. Uplift your Spirit.** Read, sing, dance, play, and bask in the sun. Connect with your pets, nature, or anything that keeps you grounded, brings you bliss, and keeps you tethered to something greater than yourself. You are not alone!

[How to Cite This Toolkit:](#)

Chavez-Dueñas, N.Y. & Adames, H.Y. (2020). *People of Color Surviving COVID-19: Ten Steps to Maintain Physical Distance While Staying Emotionally Close*. Retrieved from www.icrace.org.

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