

Worried About Wearing a Mask?

Covering our faces is uncomfortable for all of us, but it's especially hard for people hurt by their partners. It might seem impossible because it reminds you of what happened or could be uncomfortable seeing others in masks.

But how many things have you done that believed at one point you couldn't do? Remember you are strong and brave and can figure this out too.

Why is it so important to tolerate wearing face masks?

Face coverings can help protect you from getting or spreading coronavirus. They also are required by a statewide mask order and in many places—like the court, government or county resources, and many types of businesses like grocery stores.

While the statewide mask order has exceptions—including for mental health and disability—businesses and places like courts can make their own rules. It's like NO SHIRT, NO SHOES, NO SERVICE. Without a mask, you probably won't be allowed to enter a building, participate in a court appointment, or get services you might need. Other people might be disrespectful if they see you without a mask.



How can I find a way to wear a mask that doesn't upset me so much?

1. Notice your reaction when you put on a face covering. What does your body feel like? What do you think? How do you feel?
2. Ask yourself what has helped you manage those feelings or reactions in the past—when you were triggered. Practice those things and see if they help.
3. Come up with something you can tell yourself that will help you better handle wearing a face covering.
4. Try different types of face coverings—including different types of masks, different materials, different ties, face shields, etc.—to find one that might work for you.
5. Practice wearing your face covering in a space where you feel calm and safe. Little by little, you can practice wearing it for a longer period of time. These 5 steps are the most important part of the document so any way we can highlight these are good!



Your domestic violence program can provide support, resources, and to help you think this through.

We Care About You!



Developed by

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