



beacon
health options



Caring through
COVID-19





Caring through COVID-19

Communication for healthcare workers during COVID-19



Anxiety



Depression



Job loss



**Working
remotely**

Communication within yourself

- Listen to your inner voice
- Be compassionate
- Recognize the challenges you are facing
- Be as positive as possible
- Remember you are capable

Communication with colleagues

- Take time to acknowledge their feelings
- Offer a smile
- Praise (even more than ever!)
- Re-focus conversation to what you are doing
- Spend your time on the things you can change
- Chat about non-work issues
- Own the lack of clarity

Communication with family and friends

- Be open and honest about what you're doing/seeing on the front lines
- Share details
- Use video whenever possible (when talking virtually)
- Take time to reflect with those close to you
- Share stories
- Brag about yourself!!!

Managing expectations with loved ones

- Accepting that this time is not life as normal
- Recognizing that everyone may take on new roles within the household
- Accepting that certain things may just not get done, and that's ok!
- Focusing on the aspect that teaching prioritization is good for everyone
- Handling all the family disappointments (especially missed events)
- Allowing this time to bring you and your family closer

Critical emotions and conversations to have with loved ones

Being able to:

- Ask for a break
- Ask for help
- Cry
- Share intimate fears and feelings
- Admit insecurities

Tips for relationships with your partner

- Take the time to have the crucial conversation
- Have virtual dates
- Laugh
- Share your favorite memories
- Plan the next special moment

Internal and external check-ins

- Ask yourself: How are you doing?
- Ask your family: How are they doing?
- Ask your colleagues: How are they doing?
- Seek out accurate information to help make smart decisions
- Manage anxieties – both yours and others

Being vulnerable

- Ability to share all feelings and experiences
- Acknowledgement of the obstacles:
 - Pride
 - Risk
 - Uncertainty
- Goal: To get closer
- Takes courage

Self talk

What to say

- I'm doing the very best I can
- I'm making a difference for my patients
- I am so proud of the career I've picked
- I can't help my patients unless I am in good shape
- We are all part of a team, we have to do this together

What not to say

- I cannot handle this
- I am not helping anyone
- My family will resent me for never being around
- It would be selfish to rest
- I can't stop and take a break, there is too much to do
- I am the only person who can do this

Remember...

... you are only human

... why you decided to become a healthcare worker

... this will pass

... we can use this as a learning opportunity

... you are doing an amazing job

Thank You



**Please contact your Employee
Assistance Program
with any questions**
