Healthcare workers – taking it day by day

Anxiety  Depression  Job loss  Working remotely
What can I do today?

• Remind yourself why you entered this field
• Know you are doing the best you can
• Know that this will not go on forever
• Take care of yourself

WE NEED YOU !!
Inner dialogue

• Manage your self talk

• Focus on 5 positive affirmations every morning

• What silences your inner critic?

• What motivates you to be your best?

• Take time to reflect
Going forward

• Concentrate on what's going well

• Everything makes a difference

• Be as organized as possible

• Take time to foster critical relationships
Accepting reality

• Everyone is living during a pandemic

• Your careers are forever changed

• You are learning and growing

• Communities are coming together

• It will never be perfect

beacon
Preparing for the long haul

• Prioritize your own health

• Prioritize your family’s health

• Find the breaks (even tiny ones)

• Plan the vacations (they will happen)

• Reconnect with friends
Recognition

- Look around at how grateful communities are for your work
- Focus on all the patients you have helped
- Take the chance to get to know your inner self better
- Share stories with your family
Avoiding burnout

• Be conscious of your feelings
• Know when to ask for a time out
• Recognize compassion fatigue
• Listen to your thoughts
• Cultivate any hobbies
• Change the conversations
• Focus on chit chat
Resiliency

• Allow yourself to laugh
• Remind yourself of other times that you got back up
• Remember, “You’ve got this!”
• Use inspirational stories
• Focus on your confidence
What’s the gift?

- Best patient?
- Best day?
- Most proud moment?
Thank You

Please contact your Employee Assistance Program with any questions