





# Caring through COVID-19

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

# 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**



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

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