

Taking care of our emotional health

Self-care and coping

- *Psychologist* -



Look out for common signs of distress

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in your appetite, energy, activity levels, and interest in hobbies
- Difficulties concentrating and decision-making
- Difficulty sleeping and/or having nightmares
- Increase in physical reactions, such as heart palpitations, headaches, body pains, and stomach problems
- Use of substances to cope (e.g., alcohol, tobacco, drugs)



Caring for ourselves in little ways



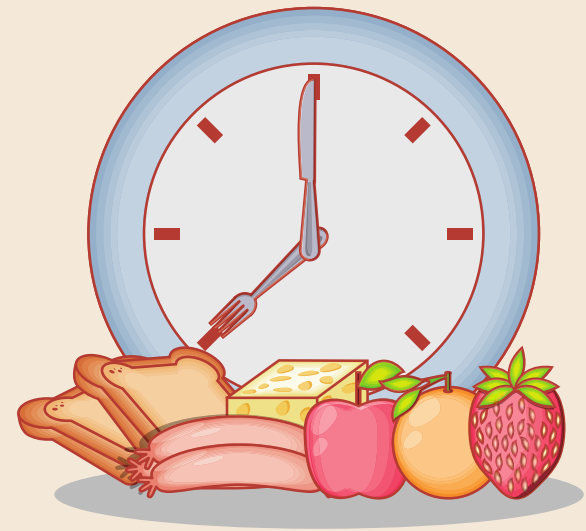
Take time to **relax and engage in activities you enjoy**. Practice deep breathing and accept what is out of your control.

Stay connected. Share your feelings and concerns with trusted family and friends.



Stay active to reduce feelings of fatigue and lift your mood.

Take care of your body by ensuring you have **sufficient sleep and regular nutritious meals**. Avoid excessive alcohol or tobacco use.



While it is important to stay informed of the current events through reliable sources, **take breaks from watching, reading, or listening to the news from time to time.**

Seek help when needed. Contact a professional (e.g., counsellor, psychologist, GP) if you notice your distress is impacting your daily life and ability to function.



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Taking care of myself

Practising self-compassion helps to prevent burn-out.

Engaging in helpful self-talk is a form of self-care.



Unhelpful Self-talk

"It would be selfish to take time to rest."

"Others are working around the clock, so should I."

"The needs of survivors are more important than the needs of helpers."

"I can contribute the most by working all the time."

"Only I can do. . ."

Helpful Self-talk

"I need a break to recharge myself so that I can contribute more."

"I have worked the entire shift, my body needs rest."

"I need to take care of myself before I can take care of others."

"I can provide quality care & ensure safety with sufficient rest."

"Together with my teammates, our patients will be well taken care of."

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