

TAKING CARE OF YOURSELF WHILE TREATING COVID-19 PATIENTS

PRACTICE SELF-CARE

Caring for yourself may be the last thing on your mind, but it is the most important thing you can do.

- Practice breathing and relaxation techniques
- Maintain a healthy diet and get adequate sleep
- Move, stretch, walk, exercise
- Take breaks
- Limit your consumption of caffeine and alcohol



UNDERSTAND THE DIFFERENCE BETWEEN SECONDARY TRAUMATIC STRESS AND BURNOUT

Anyone can be susceptible to experiencing Secondary Traumatic Stress when dealing with a crisis such as COVID-19.

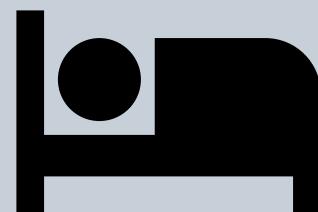
Symptoms of secondary traumatic stress include:

- Excessive worry or fear that something bad will happen
- Feeling like you are “on guard”
- Physical signs of stress (headaches, rapid heartbeat, upset stomach, sleeping difficulties, aches and pains)
- Easily startled
- Recurrent thoughts about traumatic situation



Symptoms of burnout include:

- Feelings of sadness
- Depression or apathy
- Feelings of frustration and irritability
- Feeling numb
- Socially disconnected
- Poor self-care
- Persistently feeling exhausted and tired



PLAN AHEAD

1. Learn as much as possible about the role you play in responding to outbreak, so you are able to plan for work and home life

2. If working long hours, sit down with your loved ones and explain demands and pressures at work which will limit communication and availability for a period of time

3. Set up a buddy system with a co-worker/colleague who is also responding to COVID-19. Partner together to support and look out for each other



REACH OUT FOR HELP

- Recognizing that you need help and utilizing the resources available to you shows that you are taking proactive steps to try to manage your feelings in a healthier and more positive way
- The needs of your patients are important, but so is your well-being
- The FSAP can help, when you need to help yourself

