

# Self-care tree for all colleagues

Credit: Dr Jurga Paserpskyte, Senior Clinical Psychologist

Managing prolonged stress at work and home during covid 19

AT WORK

## BREAKS

Don't let those slip. Take a moment to yourself and intentionally seek to briefly disconnect from work. Do remember to eat! It is possible that your mind will be racing or problem-solving and that's ok. Spend a few minutes focusing on something that is not work. Being intentional with it pays back.

## SUPERVISION

Make the best of your supervision. It is your time to make sure you're feeling supported in your work. Ask questions, clarify and seek support from your supervisor. No one is perfect - supervision helps to practice safely.

## LIMIT SETTING

Set your limits and be clear of your responsibilities. Seek help and ask questions if you feel uncomfortable or out of your depth. Do your best to leave work at work.

## STICK TO THE FACTS

Information that you read, hear or watch will affect how you feel. Make sure that you stick to the facts and distance yourself from speculations and exaggerations. It is an emotionally challenging time - inaccurate information can result in unnecessary distress.

## PHYSICAL DISTANCING

Observe a recommended distance when at work. This applies to meetings and other gatherings such as lunch breaks, handovers and MDT meetings. Meet remotely as much as possible.

## BASICS

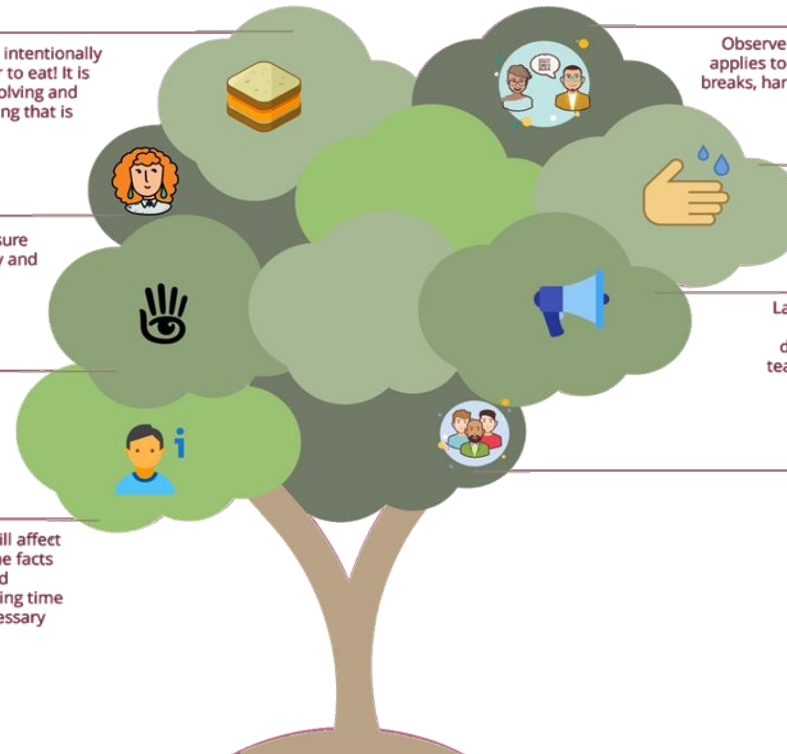
Washing hands and covering your mouth when coughing or sneezing is essential. Remember your basics.

## COMMUNICATION

Lack of clarity and uncertainty are one of the major sources of stress in organisations, especially, during the times of crisis or increased demands. Remember to communicate regularly and clearly with your team through handovers, supervision, line management, team briefs, e-mail, posters and team meetings.

## SHARE HOW YOU FEEL

We are all in this together. Unexpressed fears tend to grow bringing the anxiety up. Share your feelings and thoughts - your colleagues is a valuable source of support.



**Active De- Stressing**  
Whatever helps and whatever you enjoy – seek to reduce your levels of stress after work and generally. The pandemic is a source of stress too, therefore actively seeking to regularly re-focus on something you enjoy will help. Be pro-active, prevention is easier than intervention.

**Sleeping**  
Sleep is an essential part of good mental health. Get enough of sleep and allow your mind to recoup. WE are in for a long haul and pacing yourself, resting and sleeping will help you though then. Revisit your sleep routine.

**Staying connected**  
Staying in touch via remote means is crucial. Set up regular video or audio calls with your family and friends. Groups calls can be fun – get someone to help you with the remote technology if it is new to you.

**Helping others**  
Proceed only if it is safe to do so and you are able to. Keep an eye on your vulnerable neighbours and others that you know. Meaningful input during the time of crisis can not only help others but also provide you with a sense of purpose and belonging

**Control**  
During the times of crisis a sense of loss of control is likely. No question that it can be frightening to many. Refocusing on what you CAN control is a grounding experience. One of the things that is in your hands is how you look after your mind.