

Staff Self-Care During Coronavirus (COVID-19)

Most importantly these are unusual circumstances: it's ok not to be okay

- Seek information updates at specific times during the day, once or twice. The sudden and near constant stream of news reports can cause anyone to feel worried. Get the facts.
www.nhsinform.scot/coronavirus
- Feeling stressed is an experience that you, and many of your colleagues, are likely going through. It is normal to be feeling this way in the current situation. Stress and the feelings associated with it are by no means a reflection of your capabilities.
- Don't forget, if you find yourself overwhelmed or distressed, you can contact Samaritans on 116 123 or **Breathing Space on 0800 83 85 87**.
- Managing your stress and psychological wellbeing during this time is as important as managing your physical health.
- Take care of your basic needs. Allow time for rest and respite during work or between shifts, eat sufficient and healthy food, engage in physical activity and stay in contact with family and friends.
- This is an unprecedented scenario, do not try to learn new strategies, use techniques that you have used in the past to manage times of stress.
- There is no definitive timescale for the current situation - pace yourself.
- Consider your psychological energy levels – be sure to recharge often.
- Be aware of overwhelming feelings and take time to think things through.
- Ensure the use of supportive language around colleagues.
- Avoid using unhelpful coping strategies such as tobacco, alcohol or other drugs.
- Some colleagues may experience avoidance by their family/ friends/communities due to the stigma or fear. Staying connected with your loved ones through digital methods is one way to maintain contact. Turn to your colleagues/line manager for social and professional support - your colleagues may be having similar experiences to you.

STOP - what you are doing. Check in with what you are thinking and how you are feeling.

BREATHE - practise taking deeper breathes. Create space between thoughts, emotions and reactions.

THINK - take time to connect with your thoughts and how this may be impacting on your response.