

Health Care Worker Self Care & COVID-19

We know you are working your hardest during very difficult times to keep those around you safe. In this time of great stress and uncertainty the Schwartz Team is sending love and appreciation, and reminding you to ***do what you need to care for you.***

Remember Self-Care and Self-Compassion: Take time to monitor your stress levels and bodily needs. Remember to take breaks, get outside and maintain your exercise routines if you can. We often prioritize the needs of others over our own needs, but your needs matter! During your shifts be good to yourself and try and do the following:

- ◇ Take a moment to check-in with yourself and see how you are doing emotionally
- ◇ Check-in with your colleagues
- ◇ Pace yourself as you work and focus on teamwork
- ◇ Reach out if you need help
- ◇ Frequently take a few moments for relaxation and for stress management mini-breaks
- ◇ Take time to breathe deeply
- ◇ Make use of the *Meditation and Prayer Room* or *Oasis Room* for quiet reflective time
- ◇ Take “time-outs” for basic bodily care and refreshment, making sure to eat and drink
- ◇ Regularly seek out accurate information and mentoring to assist in making decisions
- ◇ Be proactive in your own hand hygiene and health
- ◇ Do your best to maintain helpful self-talk
- ◇ Make use of MLHS benefit FirstCall if you need help with personal resources
- ◇ Foster a spirit of fortitude, patience, tolerance, and hope

Serenity Prayer (modified)

Grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as a pathway to peace; taking this world as it is, not as I would have it; trusting that all things will one day be made right

Reinhold Niebuhr (1892-1971)

**With love and appreciation for all you do,
The Riddle Schwartz Team**