

# Coping with Distress

Working in the field as a Healthcare Worker is no easy task.

We can be faced with uncomfortable emotions that threaten to overwhelm us. Developing ways to soothe these emotions and provide ourselves with a 'breathing space' can be helpful to prevent us from becoming emotionally overwhelmed.

Mindful and self-soothing activities are ways in which we can begin to cope with distress. Mindful activity helps us to focus on the present moment and provides relief from our busy mind. Self-Soothing activity helps us provide a sense of calming relief. Below are some examples of mindful and self-soothing activities.

Can you add any of your own?



## Mindful Activity

- Call a friend
- Watch a movie
- Read a book
- Try a new cooking recipe
- Eat your food slowly and intentionally, really savouring the flavour
- Handwash some dishes focusing on the physical sensations
- Do light bodyweight exercises such as stretching while focusing on your breath
- Tend to your garden

## Self-soothing Activity

- Have your favourite comfort food, such as pancakes
- Listen to soothing music
- Have a long shower and pamper your body
- Look at pictures of your favourite memories
- Sample a collection of your favourite scents
- Create a fun game to generate fun, creativity, and laughter
- Practice a spiritual activity like prayer, meditation, or religious ritual