

HEALTHY COPING BEHAVIORS

Taking care of ourselves as a healthcare worker is essential, particularly in moments of great instability. Thinking about ways in which we are actively engaging in self-care activities can help to highlight areas where we are doing well and those that need improvement.

Which of the following activities do you do to take care of yourself?



EAT AS REGULARLY AS POSSIBLE AND DRINK WATER

This includes some fruit, vegetables and drinking up to 2 liters of water everyday.



MAINTAIN CONTACT WITH FAMILY OR FRIENDS

This may be done via a phone call, SMS text, video call.



GET ENOUGH REST

Try to sleep between 7 - 9 hours per day, at about the same time each day.



DO ACTIVITIES THAT HELP YOU RELAX OR REDUCE STRESS

Practice deep breathing, even if it is for 2 minutes; Pray; Listen to your favorite music; Enjoy your favorite tea or coffee; Dance; Spend time with your pet.



CREATE A GRATITUDE JOURNAL

Remind yourself of all the positive things in your life that you may be grateful for.



DO PHYSICAL EXERCISE

This may involve doing gentle stretches, yoga, push-ups or sit-ups from the comfort of your home.



TAKE A SHORT NAP

This may help you to feel more energized and improve focus.



LIMIT TIME ON SOCIAL MEDIA OR WATCHING THE NEWS

This may help to reduce feeling overwhelmed, stressed, sad or helpless.



DO SOMETHING KIND FOR SOMEONE ELSE

This may be something simple, such as making someone a cup of tea/coffee or may involve finding other safe ways to help others in need.



PRACTICE MINDFULNESS

This involves being in the present moment and can involve spending time in nature, experiencing your surroundings more presently by being intentionally aware of the sensation, smell, sound or taste of things around you.