

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 breathing
- Tend to your garden



Self-soothing Activity

- Have your favourite comfort food
- 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



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Addiction Technology Transfer Center Network
Funded by the President's Emergency Plan for AIDS Relief through the Substance Abuse and Mental Health Services Administration

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Die hantering van Emosionele ongemak

Dit is nie 'n maklike taak om as 'n Gesondheidswerker in die veld te werk nie. Ons kan gekonfronteer word met ongemaklike emosies wat dreig om ons te oorweldig. Die aanleer van maniere om hierdie emosies te kalmeer en 'n 'asemhalingsruimte' vir onself te skep, kan help dat ons nie emosioneel oorweldig word nie.

Gedagtige of bewuste (mindful) en self-strelende (self-soothing) aktiwiteite is maniere waarop ons emosionele ongemak kan hanteer. Gedagtige aktiwiteite help ons om op die onmiddellike te fokus en dit bring verligting van ons besige gedagtes. Self-strelende aktiwiteite help ons om 'n gevoel van kalmerende verligting te ervaar. Hieronder is 'n paar voorbeelde van gedagtige en self-strelende aktiwiteite.

Kan jy enige van jou eie byvoeg?



Gedagtige/ bewuste aktiwiteit (mindful activity)

- Bel 'n vriend
- Kyk 'n fliek
- Lees 'n boek
- Probeer 'n nuwe kook resep
- Eet jou kos stadig en doelbewus, en geniet regtig die smaak.
- Was skottelgoed met die hand, en fokus op die fisiese sensasies
- Doen ligte liggaamsgewig oefeninge soos strek terwyl jy op jou asem fokus.
- Doen tuinwerk



Self-strelende aktiwiteit

- Eet jou gunsteling gemakkos, soos pannekoek
- Luister na strelende musiek
- Vat 'n lang stort en bederf jou liggaam
- Kyk na fotos van jou gunsteling herinneringe
- Probeer 'n versameling van jou gunsteling reuke
- Skep 'n speletjie om pret, kreatiwiteit en lag te genereer
- Beoefen 'n spirituele aktiwiteit soos gebed, meditasie of 'n godsdienstige ritueel



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