

HEALTHY COPING BEHAVIOURS

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 litres of water everyday.



MAINTAIN CONTACT WITH FAMILY OR FRIENDS

This may be done via a phone call, SMS or WhatsApp.



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 favourite music; Enjoy your favourite 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 energised 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.



South Africa - HIV

ATTC

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

With support from the U.S. President's Emergency Plan for AIDS Relief, through the Substance Abuse and Mental Health Services Administration.



New England (HHS Region 1)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Gesonde hanteringsgedrag

Om jouself as gesondheidswerker te versorg, is noodsaaklik, veral in tye van groot onstabilliteite onsekerheid. Deur na te dink oor maniere waarop jy aktief aan selfversorging aktiwiteite deelneem, kan help om areas te identifiseer waarin jy goed doen, en ook die waarin jy kan verbeter.

Watter van die volgende aktiwiteite doen jy om selfversorging te beoefen?



Eet so gereeld as moontlik en drink water

Dit sluit in vrugte, groente en tot 2 liter water elke dag.



Hou kontak familie of vriende

Dit kan gedoen word deur 'n foonoproep, 'sms' boodskap of 'whatsapp'.



Kry genoeg rus

Probeer tussen 7 en 9 ure per dag slaap, ongeveer dieselfde tyd elke dag.



Doen aktiwiteite wat jou help om te ontspan of spanning te verminder

Beoefen diep asemhaling, al is dit vir 2 minute; Bid; Luister na jou gunsteling musiek; Geniet jou gunsteling tee of koffie; Dans; Spandeer tyd met jou troeteldier.



Skep 'n dankbaarheid-joernaal (gratitude journal)

Herinner jouself aan al die positiewe dinge in jou lewe waarvoor jy dankbaar behoort te wees.



Doen fisiese oefening

Dit kan behels matige strekbewegings, joga of opstote, maagoefeninge, wat kan gedoen word in die gemak van jou huis.



Neem 'n kort slapie

Dit kan jou help om meer energiek te voel en verbeterde konsentrasie en fokus tot gevolg hê.



Berperk tyd op sosiale media of om nuus te kyk

Dit kan help om die gevoelens van oorweldigheid, spanning, hartseer of hulpeloosheid te verminder.



Doen iets welwillend vir iemand anders

Dit kan iets eenvoudig wees, soos om vir iemand 'n koppie tee / koffie te maak, of dit kan behels dat jy ander veilige maniere vind om mense in nood te help.



Oefen bewustheid (mindfulness)

Dit behels dat jy in die oomblik is, en dit kan beteken om tyd te spandeer in die natuur, jy jou omgewing beter kan beleef deur opsetlik bewus te wees van die sensasie, reuk, klank of smaak van die dinge rondom jou.