



How are you taking care of yourself?

## COVID EMPLOYEE WELLNESS

Volume 1: Taking Care of Yourself

Volume 2: Managing Information

Volume 3: Asking for Help

Volume 4: HealthCare Worker Self Care

## COVID-19 And YOU EMPLOYEE WELLNESS CHECK Volume 4

### Healthcare Worker Self-Care Techniques

- Limit working hours to no longer than 12-hour shifts if possible.
- Work in teams and limit amount of time working alone.
- Write in a journal.
- Talk to family, friends, supervisors, and teammates about your feelings and experiences.
- Practice breathing and relaxation techniques.
- Maintain a healthy diet and get adequate sleep and exercise.
- Know that it is okay to draw boundaries and say “no.”
- Use social supports- support groups, religious, 12step meetings.
- Avoid or limit caffeine and use of alcohol.

Healthcare workers will experience stress. Managing stress and taking breaks will make you a better caregiver.

### It is important to remind yourself

- It is not selfish to take breaks.
- The needs of patients are not more important than your own needs and well-being.
- Working all of the time does not mean you will make your best contribution.

Responding during an infectious disease pandemic can be both rewarding and stressful. Knowing that you have stress and coping with it as you respond will help you stay well, and this will allow you to keep helping those who are affected.

Reminders of where to go for professional help:

EAP for UHS  
XXX-XXX-XXXX

*Counseling sessions*

National Suicide  
Prevention Line  
1-800-273-TALK



*Adapted from The Centers for Disease Control and Prevention*