

SELF-CARE TIPS

FROM YOUR EMPLOYEE WELLNESS AND SAFETY TEAM

TO TAKE CARE OF OTHERS, WE MUST TAKE CARE OF OURSELVES

Thank-you to all of our healthcare workers for everything you are doing for the health of Islanders during the COVID-19 pandemic. You are all such caring and compassionate individuals, but please remember that in order to care for others, we must take care of ourselves. Self-care is very important at any time, but especially important during this busy and stressful time. Below are some tips for your well-being during this time. The Wellness and Safety Team has also developed a "[Self-Care Tips](#)" section on the Staff Resource Centre, which provides resources for you to help you prioritize your self-care.

TIPS FOR YOUR WELL-BEING DURING COVID-19:

Take care of your body: Try to eat healthy well-balanced meals regularly to fuel your body. Drink plenty of water to stay hydrated. Make time to exercise regularly - take time to stretch, go for a walk, or do some yoga. Focus on getting plenty of sleep to allow your body and mind to rest and recharge.

Stay grounded: Take it one day at a time. Practice mindfulness and live in the present moment. Focus on what you can control rather than worrying about what you cannot control. Stop and take some deep, calming breaths when feeling anxious or overwhelmed. Inhale slowly through the nose to the count of three, then slowly exhale and let go of all of the air in your lungs for a count of six.

Stay positive: Keep your thoughts positive and practice positive self-talk. Compliment others for their efforts. Practice gratitude by reflecting each day on a few things that you are grateful for. Recognize accomplishments by reflecting at the end of each day one thing that you did that you are most proud of.

Take time for yourself to relax: It is so important to make some time each day for yourself. Do an activity you enjoy or try a new activity that you haven't tried before. Listen to music, read a book, do a creative project, or get outdoors and take in some sunshine. Do whatever allows you to relax and unwind!

Stay connected with others: Although this is a time where we are focusing on social distancing and self-isolating, there are many ways to keep connected with others through text, phone/video calls, email, etc. Share your concerns and how you are feeling with others so they can support you. Maintain healthy relationships and build a strong support system during this difficult time.

Avoid excessive media exposure: Stay informed on the current news and updates from reliable sources, but avoid excessive exposure to media coverage of the event. Take breaks from news stories, as it can be upsetting to repeatedly hear about the situation.

Health PEI
One Island Health System

Check out the Staff Resource Centre
for self-care resources:

<https://src.healthpei.ca/self-care-tips>