



Looking after your Wellbeing (During the COVID-19 Outbreak)

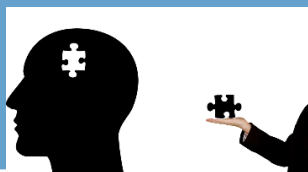
Advice for Staff - 'It's ok not to be ok'

During this period of exceptional stress and uncertainty it is more important than ever to look after **YOU**. Below are some strategies to help deal with these new challenges and advice on keeping yourself well when working.

Signs of Stress

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health or the health of loved ones
- Anxiety triggered by uncertainty and change
- Changes in sleep or eating patterns
- Poor concentration
- Irritability
- Sadness/Tearfulness
- Poor Self-Care
- Tiredness
- Hopelessness



Preparing for Work

Responding to COVID-19 is likely to take an emotional toll on you. How can you prepare yourself for work?

- Get yourself into a routine before you go into work. Prepare food, eat, sleep, and hydrate yourself in preparation.
- Try a mindfulness exercise before leaving or engage in a self-care activity.
- Speak with family and find ways to communicate with them, keep their expectations realistic, to take pressure off yourself.

Maintaining Wellbeing at Work

Self care strategies to consider when working:

- Take breaks as frequently as possible (Keep yourself hydrated and eat throughout)
- Monitor your stress symptoms to avoid burnout.

It is important to remind yourself:

It is not selfish to take breaks
Know that it is okay to draw boundaries
Its ok to ask for help and support

Buddy System

- Support one another by buddying up with a colleague to support, monitor each other's stress ,workload and safety.
- Encourage each other to take breaks, share opportunities for stress relief (rest, deep breathing, hydration etc).

Check In

Take a few minutes to check in. Try a brief mediation to re-focus your attention.

F – Focus on what's in your control.

A – Acknowledge your thoughts and feelings.

C – Come back into your body.

E – Engage in what you 're doing.

Link to the exercise:

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Support after Work

It is important to take time to process, reflect and unwind when you finish work. Consider:

- Your needs (energy, sleep, meals etc)
- Take time to unwind (relaxation)
- Connect with others
- Engage in self-care activities
- Limit the amount of time spent on social media/watching the news.