

COVID-19

ROCHESTER
REGIONAL HEALTH

TIP SHEET: Taking Care of Our Own Mental Health

The Behavioral Health Crisis Debriefing Team at Rochester Regional Health knows that those of us who work in healthcare are carrying exceptionally high amounts of stress during this public health crisis. Because we are being asked to continue to carry out our professional and our personal duties, we need to be make space to care for ourselves.

These quick ideas can be adapted for use on your work site or while quarantined at home.

If we attend to the needs of your brain and body, we will be in a better position to maintain the energy levels required of us.

- **Drop your shoulders.** Right now. Then take 3 deep breaths.
- Tense and release: **Tense** your **muscles** for about five seconds and then **relax** for 30 seconds. Repeat.
- Focus on the **positives**. Take just a moment to reflect on something you or someone else did today that helped or made someone smile.
- **Control what you can.** Take charge of the language you use. Set an example for others as a calm presence. Reduce your exposure to media. Resist the urge to check social media one more time before bed.
- **Keep routines** intact when you can. Both at work and at home. Eat healthy. Exercise. Get rest.
- It's okay to **confide** in another about your worries. We all have worries right now and compassion fatigue is real. If you are stressed to the point that it is interfering with your ability to work, seek professional help. Consider using EAP – many mental health professionals are offering telehealth visits.
- Square **Breathing** can calm your nervous system.

