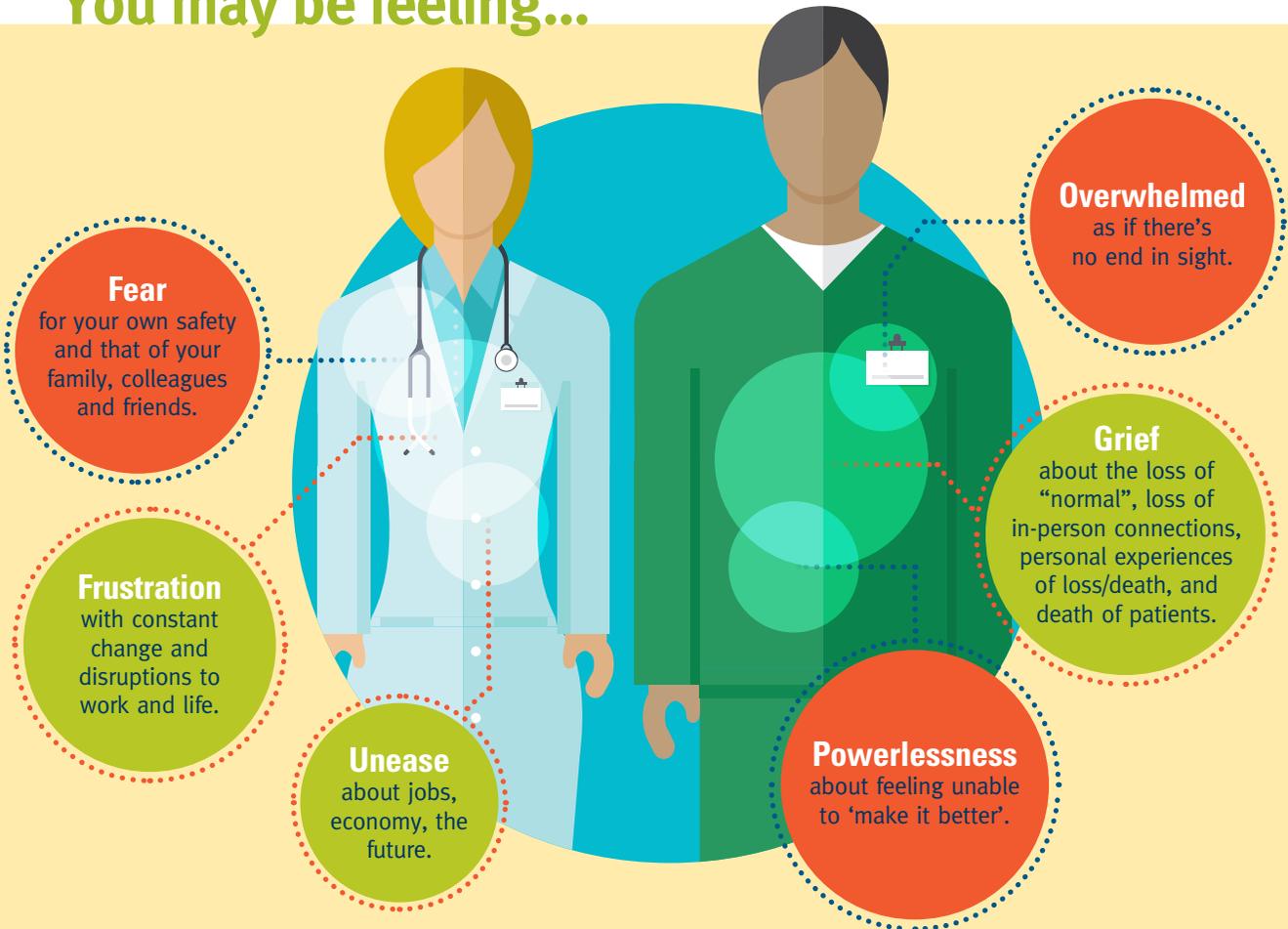


Staying well on the front lines of COVID-19

We will get through this together

COVID-19 is having a profound effect on everyone working in healthcare. Now more than ever we need to support each other and find ways to recognize and address our own needs.

You may be feeling...



How this might impact you:



Difficulty sleeping



Changes in eating habits



Poor concentration and forgetfulness



Irritability



Avoiding connections with friends/family



Changes in attitudes and thoughts

During these uncertain times these are normal. If they are preventing you from your regular activities or affecting your health, contact your health provider or visit ca.portal.gs

What you can try:



Allow yourself to feel what you are feeling.

Emotions are not right or wrong.

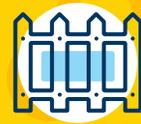


Set realistic expectations.

You cannot save and support everyone.



Let go of what you can't control and focus on what you can.



Set and maintain boundaries for yourself.



Find room, if you can, for exercise, reading, stretching, music, etc.



Seek support from colleagues, family, friends, professionals, and online.



Take a break from your phone and the news.



Remind yourself: This will not last forever.



You can also visit virtualhospice.ca/covid19