

Caring For Self During COVID-19

Self-Care Tips

CLINICIAN
EXPERIENCE
PROJECT
BY PRACTICING EXCELLENCE

In the most difficult moments on the frontline, caregivers need support to care for themselves. We're providing three tips that outline practical steps for encouraging resiliency in care teams.

Here's how you can incorporate these tips:

Examine current efforts.



Find practical inspiration.



Apply new behaviors.



Care for yourself.



Self-Care	What You Can Do	Why It Works
Basic self-care actions: sleep, exercise, and personal protection equipment.	Focus on sleep to care for yourself. Exercise to enhance immune function. Become a loud, vocal proponent for PPE for you and your teammates.	These must-dos for promoting self-care can help sustain resiliency and support for colleagues during this difficult time.
Good and bad things happen, but even bad things can have value.	Think about another difficult time you have faced in your career. Consider what it taught you about yourself and what you reevaluated or changed.	Difficult times may not be enjoyable in the moment, but they can be very useful to personal growth.
Tap team members to process patient care and emotional moments.	Talk with your team or journal personally about the patients that have impacted you the most.	Discussing painful experiences with others can help reinforce well-being and recovery.