

## Prolonged Stress Exposure- COVID 19

Due to COVID-19, people working in health care and essential services are experiencing prolonged stress exposure. Being aware of how we are caring for our Mind, Body, and Spirit can help minimize the impact on our well-being.



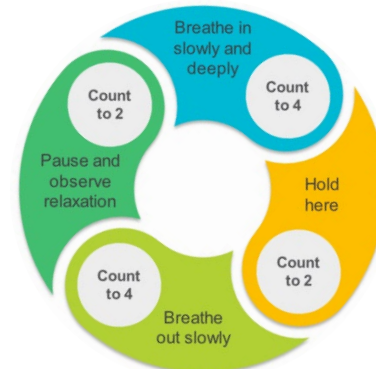
## Practicing Self-Care:

- Validate your reactions: Understand stressful thoughts and feelings are a normal reaction to an abnormal event. Be curious, rather than judgmental.
- Draw on positive coping skills that you have used in the past and add new ones when possible.
- Build support networks: Share experiences with others and stay connected.
- Take care of your basic needs: Are you eating well? Have you taken a break? Are you keeping hydrated? Are you sleeping?
- Practice compassion for yourself and others: Each of us reacts differently to stressful events. Be sensitive to how team members are reacting.
- Monitor your perceptions and influences. We can foster anxiety or comfort, we need to monitor how we behave and interact.
- Be creative: write, draw, paint, sing, play.
- Use humour and savor joyful moments.
- Breathe mindfully.
- Engage in comfort activities you enjoy.
- Connect with supports:
  - EAP - 204-786-8880 or 1-800-590-5553
  - Site CISM Team and Peer Support (where available)
  - Connect with your Primary Care provider
  - Contact your Extended Health Benefit provider

## The A-B-C's for Self-Care



## Mindful Breathing Cycle



## The A-B-C's In Practice:

- Pause – focus on the task at hand, be aware before you act
- Use credible information sources
- Practice meditation and mindfulness
- Ensure you take breaks
- Go for a walk
- Appreciate your colleagues' unique knowledge, skills and abilities – work together
- Make your relationships count
- Have each other's back
- Share positive stories
- Express gratitude
- Assume others have positive intention
- Encourage kindness
- Appreciate we are all under stress
- Remember we are all in this together

*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom".*

**Viktor Frankl**