

COPING STRATEGIES FOR HEALTHCARE WORKERS



Know that your reactions, thoughts and feelings are normal. You may feel...



- Helpless
- Hopeless
- That you have no control
- Sad
- Anxious
- Guilty
- Powerless
- Grief over losing previous life
- Grief over losing patients
- Fear of contaminating loved ones

- Ensure you eat meals so you don't work on an empty stomach
- Stay hydrated
- Engage in your daily stretching exercises and breathing exercises
- Set time for yourself daily no matter how long it could be

Fit in Selfcare

