


CLINICIAN CARE + KINDNESS DURING COVID-19



for healthcare workers brought to you by Don't Forget The Bubbles + friends: @DFTBubbles / @LizCrowe2 @AlysColeKing / @FreeMary / @DrJaneMunro @Global-EM / @TessaRDavis
Illustration by @gracie-leo



WHEN YOU THINK ABOUT COVID-19... HOW DO YOU FEEL?

IF YOU'RE FEELING...

OVERWHELMED STRESSED
ANXIOUS FEARFUL
SAD
WORRIED! TIRED
<UPSET> UNABLE TO SWITCH OFF


KNOW THAT

YOU ARE NOT ALONE.



WHAT YOU ARE FEELING IS BEING FELT BY MANY AROUND THE WORLD.

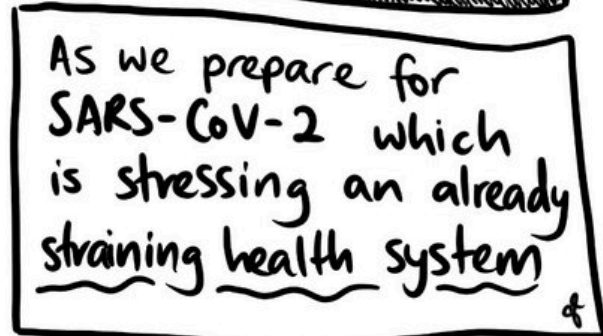
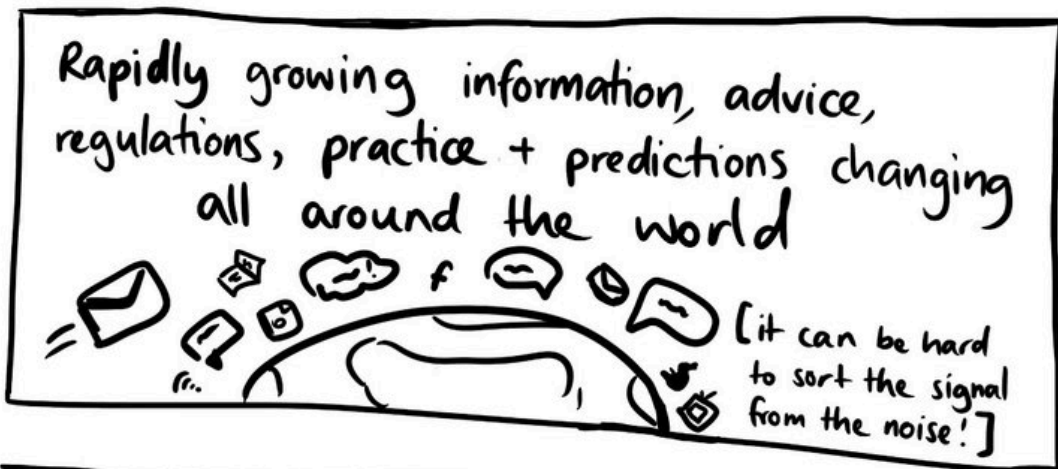
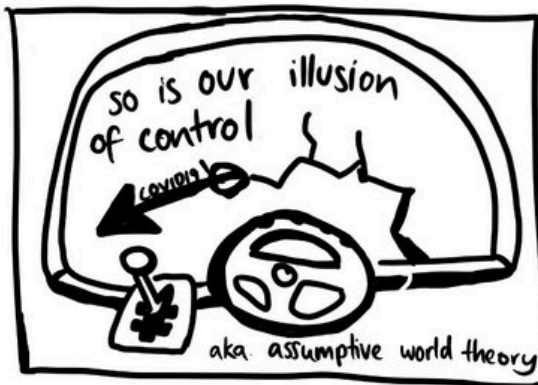
You might have wondered why this is so tough psychologically [and why people seem to be hoarding toilet paper of all things]



FIRSTLY,



OUR SENSE OF SAFETY HAS BEEN THREATENED



Trying to determine
who gets swabbed
what PPE is needed
how to prepare
WHAT TO DO
+ keep our team safe.

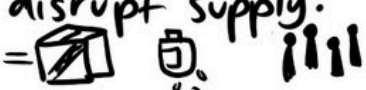
Learning to upskill
to best support patients +
understand the disease



Not only are we
concerned for our
patients... we know
COVID-19 could affect
us and our families,
friends + work colleagues ...
We are used to treating
illness... not so much
being a possible source of infection for others.



As a PANDEMIC it
creates extra burden
and sense of scarcity
for PPE, meds, vents
+ staff. A combo of
need + want may
disrupt supply.




SO...
then what can we
do to care for
ourselves + our team?




💡:💡:💡:

RESOURCE MANAGEMENT

not just for tangibles...
Your energy + emotional reserve matters!

"You can't pour from an empty cup" 






LOW

DIRECT YOUR ENERGY



LEARN TO SWITCH OFF


- set times for checking updates 
- be conscious around social media use 

BECOME A BOUNDARY NINJA 

Try a project or use physical exercise - a walk, dance, song to work those nerves out. LAUGH. 😊

LOOK FOR MICRO + MACRO RECHARGES!


Micro example: Think of a happy memory, build detail, rehearse it. When stressed come back to it.

Emergency Exercise:  Focus on the sensation of your feet on the floor. Be PRESENT.

Don't overwhelm yourself empathising with everyone...
It may be more helpful to fix on **CAPABLE CALMNESS + KINDNESS** ♥♥

DISTRIBUTIVE LEADERSHIP

where everyone helps care for one another "No one left behind" but also **CLEAR COMMUNICATION - BUILD TRUST**




CHALLENGE YOUR ROTA... 
Look for ways to ensure your team has breaks to enable **QUALITY RECHARGE**

BE INTENTIONAL → ps. time off ≠ quality recharge 
SELF-CARE is not a luxury. It is not selfish. It is a necessity!

LEARN TO LET IT GO.
Do not quest for perfection.
★ **PRIORITISE** 

APPRECIATE INDIVIDUALITY ⁵
People in your team will have different ways to manage
BUT  **HOLD ON** to the sense of **COLLECTIVE VOICE + POSITIVITY** in the face of **COVID-19**.
Let this be what we carry to a post COVID era.

Look for and practice staying **CONNECTED** and **CARING**.
Maybe online coffee... 
    
trivia, deliveries

When you can, look up through the windows or stand outside. See the **SUN** or the **STARS** that hang above all of us and know...
WE ARE ALL HERE TOGETHER
and that thought might just be enough to help us take another step on. 