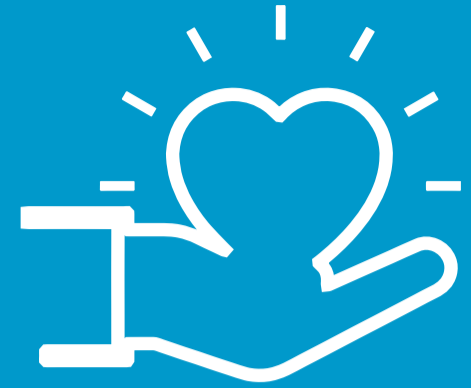# SELFCARE DURING COVID19

- In current situation it is quite normal to feel anxious or stressed

- It´s important to seek facts and follow the news but constantly looking for new information can increase anxiety

- Feeling stressed is normal and is not a sign of weakness or that people can't do their jobs. Use stress release methods that you are familiar to help you cope.

- It can be difficult to think fast and make decisions under pressure. Calming the mind by breathing slowly in and out can help.

- Taking care of your mental health and energy is just as important as taking care of your physical health and energy. Remember to „refill" your energy before the tank gets empty.

- Basic needs are important; eat healthy, work out, stay in contact with your family and friends and get good rest between shifts.

- Try avoiding using alcohol or other drugs to reduce stress and worries

- Speak with care and beware of using dramatic words that could cause fear with your co-workers

- Communications can get rough due to stress and pressure. The best way to deal with that is to show tolerance and kindness

- Some people may be afraid of getting infected by staff members. You can address this by taking good care of your personal infection protection, educating people about facts and addressing the fear with kindness. You can stay in contact with loved once through digital methods if needed but to not hesitate to talk to you colleagues or supervisor if you need help.

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