Self Care Guide for Health Care Professionals During the Pandemic

1. Packing more food for breaks
2. Using a larger water bottle
3. Taking a 10-minute walk outside
4. Listening to a podcast on the way to and from work
5. Reach out to your support systems: family, friends, or other co-workers for emotional support.
6. Utilize social media platforms, smartphone apps, and other technologies to connect with friends during this time of isolation.
7. Health care workers need to be reminded that it is OK to reach out and ask for support.
8. It is OK to take a break.
9. Plan time at home to rest and unwind
10. Read a good book, watch a movie, or listen to music.

Content adapted from the WoundSource June Practice Accelerator blog titled “Self-Check for Health Care Providers.”

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