

# Self Care Guide for Health Care Professionals During the Pandemic

1 Packing more food for breaks



Using a larger water bottle

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.

**WOUNDCON**  
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