

CLINICIAN CARE + KINDNESS DURING COVID-19



for healthcare workers
brought to you by
Don't Forget The Bubbles +

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

IF YOU'RE FEELING...

OVERWHELMED
ANXIOUS
FEARFUL
STRESSED
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.

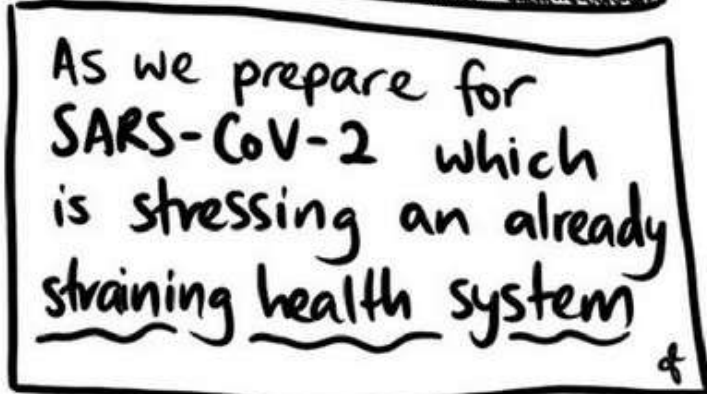
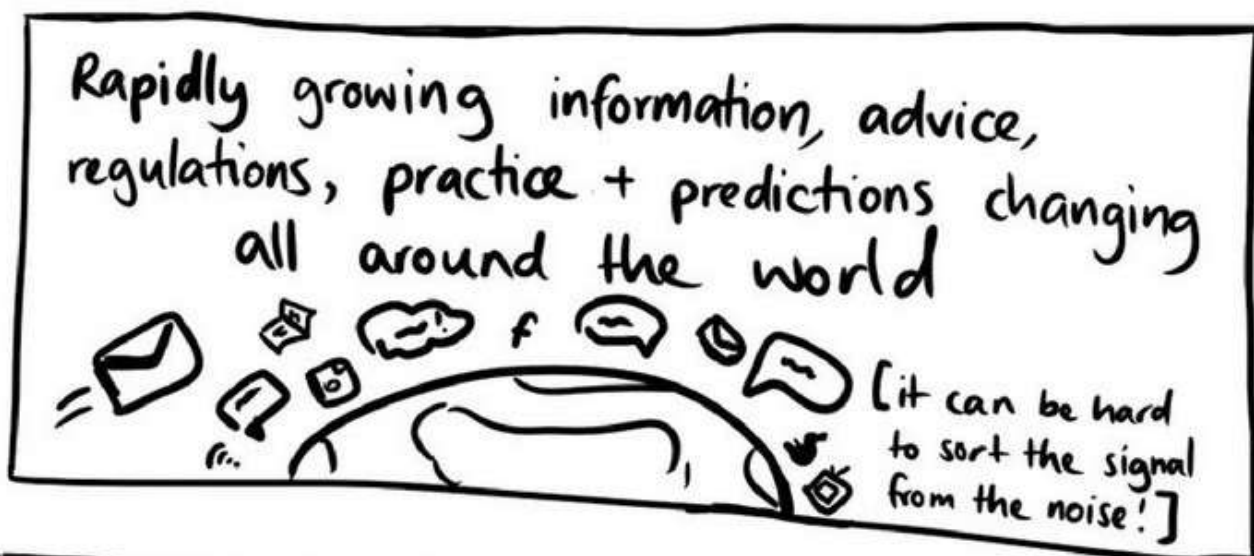
You might have wondered
why this is so tough
psychologically [and why
people seem to be hoarding
toilet paper of all things]



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...



For some, it may
mean the decision
to work and self isolate
from parents, partners,
siblings, children...



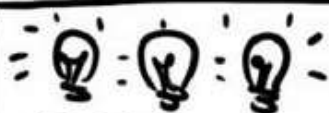
We are used to treating
illness... not so much
being a possible source of infection for others.

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" 



f

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. ♡

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

LOOK FOR MICRO + MACRO RECHARGES!

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



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



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 $\neq$ 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

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.

