SELF-CARE TREE for ALL STAFF
Managing prolonged stress at work and at home during the COVID-19 pandemic

BREAKS
Don’t let those slip. Take a moment to yourself and intentionally seek to briefly disconnect from work. Do remember to exit! It is possible that your mind will be racing or problem-solving and that’s ok. Spend a few minutes focusing on something that is not work. Being intentional with it pays back.

SUPERVISION
Make the best of your supervision. It is your time to make sure you’re feeling supported in your work. Ask questions, clarify and seek support from your supervisor. No one is perfect - supervision helps to practice safety.

LIMIT SETTING
Set your limits and be clear of your responsibilities. Seek help and ask questions if you feel uncomfortable or out of your depth. Do your best to leave work at work.

PHYSICAL DISTANCING
Observe a recommended distance when at work. This applies to meetings and other gatherings such as lunch breaks, handovers and MDT meetings. Meet remotely as much as possible.

STICK TO THE FACTS
Information that you read, hear or watch will affect how you feel. Make sure that you stick to the facts and distance yourself from speculations and exaggerations. It is an emotionally challenging time - inaccurate information can result in unnecessary distress.

BASICS
Washing hands and covering your mouth when coughing or sneezing is essential. Remember your basics.

COMMUNICATION
Lack of clarity and uncertainty are one of the major sources of stress in organizations, especially, during the times of crisis or increased demands. Remember to communicate regularly and clearly with your team through handovers, supervision, line management, team briefs, e-mail, posters and team meetings.

SHARE HOW YOU FEEL
We are all in this together. Unexpressed fears tend to grow bringing the anxiety up. Share your feelings and thoughts - your colleagues is a valuable source of support.

ACTIVE DE-STRESSING
Whatever helps and whatever you enjoy - seek to reduce your levels of stress after work and generally. The pandemic is a source of stress too, therefore, activity seeking to regularly refocus on something you enjoy will help be proactive - prevention is easier than intervention.

SLEEPING
Sleep is an essential part of good mental health. Get enough sleep and allow your mind to recuperate. We are in for a long haul and pacing yourself resting and sleeping will help you through this. Revisit your sleep routine.

STAYING CONNECTED
Staying in touch via remote means is crucial. Set up regular video or audio calls with your family and friends. Group calls can be fun - get someone to help you with the remote technology if it is new to you.

HELPING OTHERS
Proceed only if it is safe to do so and you are able to. Keep an eye on your vulnerable neighbours and others that you know. Meaningful input during the time of crisis can not only help others but also provide you with a sense of purpose and belonging.

CONTROL
During the times of crisis a sense of loss of control is likely. No question that it can be frightening to many. Refocusing on what you CAN control is a grounding experience. One of the things that is in your hands is how you look after your mind.

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