

End Of Shift Self-Reflection



You continue to provide critical services while under the added stress of the COVID-19 pandemic. It is normal to experience a myriad of feelings - Anxiety, irritation, fear, frustration, sadness, anger, and fatigue, among others. Each person reacts differently. These feelings are a normal response to a very abnormal situation and require us to take care of ourselves. Self-care is essential and a way to ensure we are utilizing healthy coping strategies for the resiliency that is so critical to our health and well-being going forward.

Here are a few things to reflect on to help you check in with yourself about how you are dealing with the stress of COVID-19 and to establish a self-care routine.

- How have you been decompressing when you leave work and move into your personal life?
- What do you need to transition from the EOC to your regular job and/or personal life?
- How are you feeling? What do you need to help you with any difficult feelings?
- What is your plan for long-term self-care? Consider the following and check the resources on the back of this handout:

Share your thoughts and feelings with someone you trust

Take breaks throughout the day – even a moment to take some deep breaths

Eat regular meals and healthy snacks to keep you energized

Get plenty of sleep

Exercise - even a short walk can bring peace of mind

Do things you enjoy to recharge emotionally

RESOURCES AVAILABLE TO YOU

Check out the EAP & Wellness website for helpful resources: www.sfhss.org/eap

<https://sfhss.org/covid-19-well-being-resources>

Call Employee Assistance to speak with a counselor – (800) 795-2351

Let us know you are activated.

Call your health plan mental health services – If you have any difficulty accessing services, let an EAP counselor know right away.

Check out these online resources: www.helpguide.org – Helpful articles and videos on mental/emotional health topics including effects of Covid-19 crisis.

<https://greatergood.berkeley.edu/> - The Greater Good Science Center offering articles, videos and helpful tips on dealing with the Covid-19 crisis.

<https://liberatemeditation.com/>
A free meditation app developed by and for people of color.

www.headspace.com – Help for anxiety and coping with stress; a special section called *Weathering The Storm*.

www.calm.com - An app for anxiety, sleep and mindfulness.

<https://onemomentcompany.com/app/>
A free app to learn one moment meditation for stress and anxiety relief.



Also consider the following:

- When talking with a loved one, ask for what you need.
- Minimize your use of alcohol or other substances you may use. There are healthier choices for coping.
- Many gyms are offering exercise videos online so you can maintain fitness.
- Ask for help when you need it and don't wait till you feel in crisis.
- Engage family and friends to develop a list of fun things to do while sheltered.
- Make a daily practice of consciously thinking about what you are grateful for and why.
- Remember, you are not alone.

WE'RE HERE *For You*