

# Wellness Tips for Healthcare Workers During COVID-19 Pandemic

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## **Prioritising self-care to maintain an optimal level of overall health**

1. Maintain a daily routine (meals, sleep, exercise) as much as possible.
2. Eat healthy and stay hydrated.
3. Perform physical exercises regularly.
4. Ensure quality sleep.
5. Engage in activities that you enjoy when away from work. Whenever possible, spend some time outdoors while adhering to social distancing guidelines.
6. Limit your time spent on the TV and internet. Avoid media with increased sensationalism and bias.
7. Use technology to maintain healthy, supportive relationships with families and friends. Set boundaries with negative people.
8. Understand common humanity (experiencing negative emotions is part of being human and that everyone is struggling in some way or other).
9. Practise self-compassion (respond to negative emotions with self-kindness, sympathy and encouragement).
10. Focus your thoughts on the present and things to be grateful for .
11. Read books that provide hope, encouragement and inspiration.
12. Engage in spiritual or religious activities.

## **Building psychological resilience and coping with stress**

1. Set realistic goals and expectations. Recognise that you are doing your best in fighting this pandemic with the resources available.
2. Accept the issues which you do not have control over. Focus on doing better in areas that are within your control.
3. Acknowledge that experiencing anxiety, worry or grief in the right context is normal and that you are not alone. These emotions are temporary and they shall pass.
4. Talk openly to your family or friends about how the pandemic is affecting your work and life.
5. Find balance in your thoughts. If you are having a negative thought, remind yourself of what you did well recently.
6. Remind yourself of other times when you were stressed and the strategies you used to overcome them.
7. Share your emotions with people who can support you. Identify factors that cause stress and work with them to identify solutions.
8. Perform relaxation techniques e.g. deep breathing exercises, meditation, listening to music etc.
9. Keep a journal by writing down your thoughts and emotions.
10. Seek supervision or consult regularly with more experienced colleagues at work.
11. Take mini breaks during work when appropriate.
12. Join a peer-support group if available.
13. Avoid engaging in unhealthy behaviours e.g. emotional eating, excessive sleeping, misuse/abuse of sedatives, hypnotics, alcohol or nicotine.
14. Seek professional help if you are struggling to cope or experiencing severe and persistent psychological symptoms that interfere with your ability to function.