

cut along grey line

fold here

Prolonged Stress Exposure- COVID 19

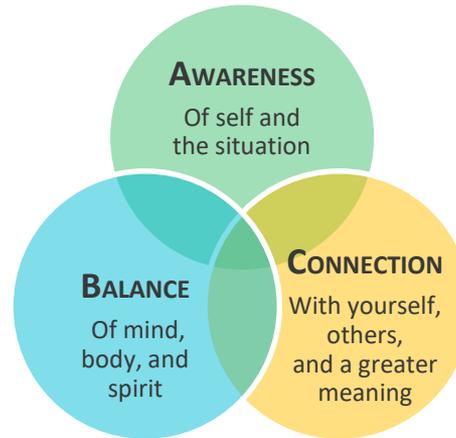
Due to COVID-19, people working in health care and essential services are experiencing prolonged stress exposure. Being aware of how we are caring for our Mind, Body, and Spirit can help minimize the impact on our well-being.



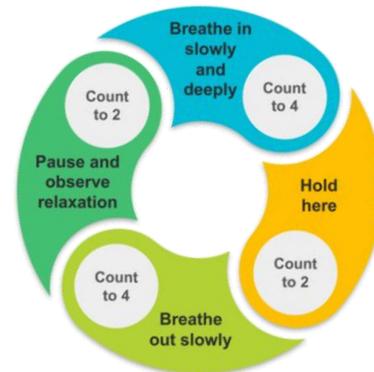
Practicing Self-Care:

- Validate your reactions: Stressful thoughts and feelings are a normal reaction to an abnormal event. Be curious, rather than judgmental.
- Draw on positive coping skills; add new ones when possible.
- Build support networks: Share experiences, stay connected.
- Take care of your basic needs.
- Practice compassion for yourself and others: Each of us reacts differently to stressful events. Be sensitive to how team members are reacting.
- Monitor your perceptions & influences
- Monitor how you behave or interact.
- Be creative: write, draw, sing, play.
- Use humour; savor joyful moments.
- Breathe mindfully.
- Engage in comfort activities you enjoy.
- Connect with supports:
 - EAP: 204-786-8880 / 1-800-590-5553
 - Site CISM Team & Peer Support
 - See your Primary Care provider
 - Use your Extended Health Benefits
 - Visit tinyurl.com/virtualtherapymb

The A-B-C's for Self-Care



Mindful Breathing Cycle



The A-B-C's In Practice:

- Pause – focus on the task at hand, be aware before you act
- Use credible information sources
- Practice meditation and mindfulness
- Ensure you take breaks
- Go for a walk
- Appreciate your colleagues' unique knowledge, skills and abilities – work together
- Make your relationships count
- Have each other's back
- Share positive stories
- Express gratitude
- Assume others have positive intention
- Encourage kindness
- Appreciate we are all under stress
- Remember we are in this together

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor Frankel