

RCEM Individual wellbeing and resilience during Covid-19

These are difficult and anxious times. Here are a few tips on keeping the yourself healthy and happy at work and home.

- This is a marathon not a sprint, we need to pace ourselves and prioritise self- care.
- Its okay not to be okay, we are under stress and there is uncertainty.
- If you are struggling today, go and speak to the person who is your supervisor for today as well as speaking to your own line manager when you can.
- On shift, try to give yourself time to pause – handwashing can be good for this. Short pauses and slowed breathing do actually improve cognitive function.
- Take good breaks, eat well, avoid too much phone/email use whilst on break.
- Whilst we will need to be flexible in how and when we work, try to take 1-2 days off per week.
- Days off need to be recovery days. Figure out what helps you recover and plan to do these things – fresh air, exercise, keeping in touch with friends and family, music, books etc.
- Avoid poor coping strategies such as alcohol, smoking and drugs.
- Use social media well – i.e. what helps me? What helps others? How much is too much? There is a constant stream of information. Plan to access it only intermittently.
- Prioritise sleep – a good amount of sleep per night improves our memory, technical skills, emotional intelligence and immunity.