Working in a Crisis: Looking After Yourself

National Carer Organisations

Before you start work

Prepare as much as you can, for things that may be stressful in your work today.

Talk to your colleagues and manager about any ethical dilemmas or particular challenges you may face.

Think back to what has helped you to cope with stress in other very difficult circumstances, so you can use that now.

Try and plan what you are going to do in your breaks.

When you are at work

Remind yourself that you can't take all the stress and distress on your shoulders. Accept that you will do what you can.

Be compassionate to yourself.

Focus on what is important about your work. Connect with your colleagues. Tell each other what you are doing well. In a crisis we do what we can, as well as we can, even if we can't do everything we wish we could.

It's normal to have a range of feelings including fear, sadness, guilt, shame, anger. **Let someone know** if you are not OK or finding things difficult.

Take your breaks – eat food and drink water. Get away from the working environment if at all possible.

After work

When you finish work, take time to **check in with your colleagues.** Then, tell yourself that your work for today is over, you have done what you can.

Switch your attention to where you are going. Get ready to rest and recharge.

Distract yourself. Try not to keep thinking about your day at work.

Make time for something you enjoy or that is important to you.

Eat well. Make time for a sleep routine. Do some exercise if you can. Don't drink too much alcohol.

Reconnect with family or friends.