5 ways for healthcare professionals to safeguard their mental health during COVID-19

1. #YOUFIRST

You cannot help anyone if you don't look after yourself first:

- SWITCH OFF at night, rest and get enough sleep
- Try to eat HEALTHILY
- Ensure you get some FRESH AIR every day

2. DON'T BEAT YOURSELF UP

- Accept the things you can control and LET GO of those you can't
- BE OKAY with things not being 'perfect' - they won't be for a while
- PRIORITISE important **and** urgent tasks, everything else can wait
- BE KIND to yourself, you can only do so much

3. BREATHE

At the height of stress or if you're feeling pushed to your limit:

- Take yourself AWAY from your work area
- Breathe in for 4 secs, hold for 4 secs, breathe out for 4 secs, hold again for 4 secs and repeat
- Try the Headspace app to keep you focused on the present - guided meditations start from 3 mins

4. PRIORITISE YOUR MENTAL HEALTH

- LIMIT news and social media intake
- Set a time to STOP WORKING and stick to it
- Build in some DOWNTIME, plan enjoyable activities and DO them
- Try to EXERCISE regularly even if only a brisk 10 min walk at lunch

5. REMAIN POSITIVE

Your team and your patients are looking to you to lead them - try to be a positive example:

- Distance yourself from negativity/negative people
- Hold virtual 'parties' to keep connected
- Lean on the your community, ask for help - you are not alone

Join our 'Pharmacy Wellbeing Hub' group on Facebook for more tips and guidance - https://bit.ly/39bRZ2w

www.thementalwealthacademy.com