

AM I OK?

WHAT IS NORMAL TO BE FEELING DURING THE CORONAVIRUS OUTBREAK?

This is unprecedented, it is unlikely you will have ever experienced anything similar before, and so feeling at times overwhelmed and stressed, and sometimes perhaps excitable and restless is to be expected at the moment. This does not mean you are not coping or are bad at your job. It means that this is really hard, and we need to look after ourselves and each other, now more than ever.

However we usually restore how we are feeling through our usual ways of coping- the rewards of our work, our days off with friends and family and doing things we enjoy. Some of those are quite difficult to access at the moment, if you are asked to work longer hours and you cannot be with many others due to social isolation measures.

Here are some thoughts to help you:

1. This is a normal response to something that is unprecedented
2. We are all in this together, so we are all reacting
3. Get the right information
4. Stay connected with others in different ways
5. Think about your mind set: focus on what you can control (look at our circle of control tip sheet)
6. For some, focussing on the altruism and greater good can be helpful.
7. Be active in your self care (look at our self care tips sheet)

Keep an eye on yourself, ask yourself these questions:

Do you regularly* feel disconnected from patients, families, and colleagues?

Do you regularly* feel emotionally exhausted, with nothing left to give?

Do you regularly* feel a lack of feeling of accomplishment or feeling effective in what you do?

If so, that's the time to step up the help you need. Talk to someone you trust, and reach out to your Employee Wellbeing services.

*regularly means every day, and for a period of a few weeks