



**Promoting
Positive
Emotions**

Pandemic Self-Care Chart for Healthcare Workers

Your job is already stressful and COVID19 has made it more difficult.

When facing stressful and traumatic situations in a health care facility, it can be hard to stop and think about your own **self-care**.

These are simple tips from Mental Health First Aid that can be vital in protecting your mental health and well-being.

You got this! **And we're here to help.**

	S	M	T	W	R	F	S
I reminded myself that I am making a difference and taking care of those most in need.							
I practiced self-compassion and remembered that I am doing the best I can in a difficult situation.							
I took breaks from work when I could to breathe or stretch.							
I fueled my body by eating a healthy diet and drinking plenty of water.							
I remembered that feelings are not right or wrong and it is normal to feel overwhelmed, frustrated, angry, worried, anxious, restless, agitated, sad or fatigued.							
I found ways to be POSITIVE and looked for stories and affirmations that could give me hope.							
I sought out support from family or friends.							
I found additional self-care tactics that would work for me and practiced them.							

Adapted from Mental Health First Aid's [Self-Care Tips for Health Care Workers](#).

We are here to help!

We provide **FREE** individual crisis support counseling, education, outreach, and referrals.

Contact us to see how we can help you with personal or work-related challenges, and to discuss ideas for managing stress specific to COVID.

Find out more at www.staypositivearkansas.com or call our Crisis Support Line at 833-993-2382.