

# CAREGIVERS NEED CARE TOO

DURING THE COVID-19 PANDEMIC



Healthcare providers are used to working under challenging, high-pressure conditions, but you now face extraordinary circumstances at work, at home, and in the world at large.

You're worried about the safety of your patients, your family, and yourself. **These concerns are real, appropriate, and expected.**

At a time when so many things are out of our control it's helpful to identify the things we can control even when the rest of the world feels uncertain.

**It is more important than ever for you to care for yourself.**

The way you do this may look radically different from what you did in the past. You may need new strategies.



HERE ARE SOME TIPS FOR STAYING GROUNDED DURING THIS UNIQUE TIME:



PHYSICAL

## Good health habits are critical.

Protect your sleep routines. Maintain good nutrition and hydration. Get sunlight and fresh air. It will help your body stay on track.

## Keep moving!

Walk your dog. Take a movement break at work. Try a new online exercise class. Physical activity is an essential tool for managing stress and regulating moods.



EMOTIONAL

## Breathe.

Our breath is the only stress response we can control. Slow down and pay attention. Meditation and yoga are great ways to practice being aware of your body's needs.

## Practice self-compassion.

Now is not the time to remodel your house or learn a new language. Maintaining the status quo is more than enough!



SOCIAL

## Build a support system.

Look for ways to stay connected with friends and family, whether near or far. Show love by both giving and getting help.

## Teamwork is key.

Talk with coworkers. Nurture those bonds. Your colleagues may be in the best position to understand the pressures you're facing.



ENVIRONMENTAL

## Create predictability.

Embrace familiar routines that help you restore a sense of normalcy and stability.

## Re-center.

Make time to reflect - and rejuvenate. Create physical and virtual spaces where you can surround yourself with the sights, sounds, and smells that ground you.

Find more resources at [nationalperinatal.org/psychologists](https://nationalperinatal.org/psychologists)

NNNP is a program of the National Perinatal Association.