

TIP SHEET

Self-care while working under stressful conditions – COVID-19

KEY POINTS:

- Determine your response
- Understand what supports your Wellbeing
- Make a Plan
- Know how to access Vitae counselling

Determine your Response

The COVID-19 situation in New Zealand has been unprecedented, protracted and for some, this has meant working long hours and under stressful conditions to ensure the safety of the community. This does not mean that we relinquish control; we can all take control of our wellbeing response.

Self-care is essential and in stressful times it can be a challenge to keep sight of what is important and put this into action.

Understanding Wellbeing

So what are the things we can do to feel empowered and optimise our wellbeing while working under the pressure of added stressors? Here are some Wellbeing Strategies that double as Stress-Busters!

Physical Wellbeing:

- Adequate sleep
- Enlivening exercise
- Good nutritional habits - regular meals, balanced diet and moderate alcohol intake
- Adequate rest and relaxation
- Deep breathing
- Pacing yourself with regular stretch breaks

Mental Wellbeing:

- Take time to laugh
- Make time to enjoy activities that you know make you feel good
- Do a balance of activities that use both sides of the brain
- Deal with and heal unresolved feelings of the day
- Accentuate the positive and reduce the negative
- Forgive yourself for being human
- Prioritise and set goals - manage your time

Whanau/Relational Wellbeing:

- Make time to enjoy your family and friends
- Be realistic about what can be achieved if you have children at home
- Communicate the impact of the stressors at work
- Deal with conflict openly and honestly
- Negotiate roles and expectations
- Forgive others for being human too
- Learn to say no

Spiritual Wellbeing:

- Develop an awareness of the connectedness of creation
- Be clear about the values that guide your life
- What is it that gives your life meaning and hope?
- Practice prayer / meditation

Make a Plan

Grow your wellbeing by practicing these Five Ways to Wellbeing



See the Mental Health Foundation website for great ideas

The ideas in this tip sheet are to start you focusing on some key elements of self-care. Notice what works for you and do more of that.

Remember, you are working in a team, keep connected as team members, be kind and considerate of others as they practice self-care strategies too

Accessing Vitae Counselling:

If life isn't going well and you need some help to get sorted, contact Vitae to make an appointment to speak with an EAP counsellor. Freephone 0508 664 981