COVID-19 is having a profound effect on everyone working in healthcare. Now more than ever we need to support each other and find ways to recognize and address our own needs.

You may be feeling...

- **Fear** for your own safety and that of your family, colleagues and friends.
- **Frustration** with constant change and disruptions to work and life.
- **Unease** about jobs, economy, the future.
- **Irritability**
- **Poor concentration and forgetfulness**
- **Avoiding connections with friends/family**
- **Changes in attitudes and thoughts**
- **Changes in eating habits**
- **Difficulty sleeping**
- **Grief** about the loss of "normal", loss of in-person connections, personal experiences of loss/death, and death of patients.
- **Powerlessness** about feeling unable to "make it better".
- **Overwhelmed** as if there’s no end in sight.
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How this might impact you:

- Difficulty sleeping
- Changes in eating habits
- Poor concentration and forgetfulness
- Irritability
- Avoiding connections with friends/family
- Changes in attitudes and thoughts

What you can try:

- **Allow yourself to feel what you are feeling.** Emotions are not right or wrong.
- **Set realistic expectations.** You cannot save and support everyone.
- **Let go of what you can’t control and focus on what you can.**
- **Set and maintain boundaries for yourself.**
- **Find room, if you can, for exercise, reading, stretching, music, etc.**
- **Seek support from colleagues, family, friends, professionals, and online.**
- **Take a break from your phone and the news.**
- **Remind yourself: This will not last forever.**

During these uncertain times these are normal. If they are preventing you from your regular activities or affecting your health, contact your health provider or visit [virtualhospice.ca](http://virtualhospice.ca).

You can also visit [virtualhospice.ca/covid19](http://virtualhospice.ca/covid19)