

5 WELLBEING TIPS FOR CARE WORKERS DURING THE CORONAVIRUS PANDEMIC



Stay connected

Human interaction is important for mental wellbeing at times of stress. Make sure you connect with not only work colleagues but family and friends. Technology is your friend.



Prioritise tasks

As the situation changes, you will have new and competing demands. Take some time to identify what the priorities are for now, and don't be too hard on yourself. You're balancing work in an ever changing environment so give yourself the space to process and prioritise your loved ones during this time over the everyday tasks.



Self-care

Being a care worker you'll be familiar with self-care, more than ever this is integral to your wellbeing. Your work is vital to the care of others so make sure you take time to identify the importance of the work you're doing and do something extra special for yourself when you can.



Limit news and stick to reputable sources

Being exposed to large volumes of news and negative information can compound feelings of anxiety. We all need to maintain a healthy perspective.



Seek support

If you are feeling overwhelmed or have experienced mental health issues in the past, it's important to seek support from your family, friends, GP or your company's EAP services.