

CARING FOR YOURSELF DURING COVID-19

As a family physician on the front lines, responding to COVID-19 can take an emotional toll. Here are some things you can do to help take care of your physical and mental health.

Meet your body's needs

- Try to eat, drink and sleep regularly. Meeting your body's needs will help you sustain your ability to care for others.
- Take breaks when you can. You may feel guilty taking time away from patients but self-care results in better patient care.
- Try to make time for activities you enjoy. Go for a run or walk, listen to music, meditate or talk with family and friends.

Honour your feelings

- It's okay to feel stressed, anxious, fearful, guilty or exhausted. Helping those in need is rewarding but difficult in these times of extreme stress and uncertainty.
- Honour your service. Despite the frustrations, you are fulfilling a noble calling by caring for those in need.

Manage media time

- Stay informed. Rely on trusted, evidence-based sources for information such as the [BC Centre for Disease Control](#), [BC Family Doctors](#), and [Doctors of BC](#).
- Take breaks from media coverage of COVID-19. Set time limits around your use of news sites, Twitter, Instagram, and Facebook.

Connect with others

- Connect with your family and loved ones, however this is possible. Loved ones can help sustain you in these challenging times.
- Try to regularly connect with and support your fellow healthcare colleagues. Tell your story and listen to others.



Ask for help

- Do daily self check-ins. Monitor yourself for fatigue, depression, anxiety, and illness. Talk to a colleague, family member or seek professional help if needed.
- Access 24-hour confidential support through the [BC Physician Health Program](#) by calling 1-800-663-6729.



BC FAMILY
DOCTORS

*Excerpted and modified from "Emergency Responders: Tips for Taking Care of Yourself", US Centre for Disease Control; and "Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks", Center for the Study of Traumatic Stress. www.CSTSonline.org.