



Royal College
of Nursing

2020 | International Year
of the Nurse and Midwife

Self-care during COVID-19



Whilst the primary duty for protecting your health, safety and wellbeing at work lies with your employer, there are things that you can do to take extra care during these challenging times.

- ▶ Use strategies that have worked for you in the past to manage stress rather than learning new ones.
- ▶ It is normal to feel sad, stressed or overwhelmed during a crisis. These feelings are no reflection on your ability to do your job.
- ▶ Seek information updates, from trusted sources, at certain times of the day rather than a constant stream: www.rcn.org.uk/covid-19 and www.gov.uk
- ▶ Your stress levels and psychosocial wellbeing are as important as your physical health: www.rcn.org.uk/healthy-workplace/healthy-you
- ▶ Talk to people you trust or contact a counsellor: www.rcn.org.uk/get-help/member-support-services
- ▶ Maintain a healthy lifestyle: keep hydrated, eat and sleep well, exercise and enjoy social contact with family and friends (even if it's virtual).
- ▶ Take your 'at work' breaks whenever you can and don't feel guilty about taking your days off.
- ▶ If you don't feel safe to drive after a long shift, take a rest. Look at a buddy system to share driving or speak to your employer.
- ▶ Sadly, some of you may experience negative behaviour as well as workplace issues such as equipment shortages. If you have any concerns, talk to your supervisor/colleagues/RCN rep for advice and support. RCN support is available at: www.rcn.org.uk/get-help

**This is an unprecedented situation:
it's OK not to be OK. Look after yourself
and ensure you seek advice and support.**