

# HEALTHY COPING BEHAVIOURS

Taking care of yourself as a health worker is essential, particularly in moments of great instability. Thinking about ways in which you are actively engaging in self-care activities can help to highlight areas where you are doing well and those that need improvement.

**Which of the following activities do you do to take care of yourself?**



## EAT AS REGULARLY AS POSSIBLE AND DRINK WATER

This includes some fruit, vegetables and drinking up to 2 litres of water everyday.



## MAINTAIN CONTACT FAMILY OR FRIENDS

This may be done via a phone call, SMS or WhatsApp.



## GET ENOUGH REST

Try to sleep between 7 - 9 hours per day, at about the same time each day.



## DO ACTIVITIES THAT HELP YOU RELAX OR REDUCE STRESS

Practice deep breathing, even for if it is 2 minutes; Pray; Listen to your favourite music; Enjoy your favourite tea or coffee; Dance; Spend time with your pet.



## CREATE A GRATITUDE JOURNAL

Remind yourself of all the positive things in your life that you may be grateful for.



## DO PHYSICAL EXERCISE

This may involve doing gentle stretches, yoga or push- ups, sits up from the comfort of your home.



## TAKE A SHORT NAP

This may help you to feel more energised and improve focus.



## LIMIT TIME ON SOCIAL MEDIA OR WATCHING THE NEWS

This may help to reduce feeling overwhelmed, stressed, sad or helplessness.



## DO SOMETHING KIND FOR SOMEONE ELSE

This may be something simple, such as making someone a cup of tea/coffee or may involve finding other safe ways to help others in need.



## PRACTICE MINDFULNESS

This involves being in the present moment and can involve spending time in nature, experiencing your surroundings more presently by being intentionally aware of the sensation, smell, sound or taste of things around you.