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SUPERIOR HEALTH
Quality Alliance

Caring for Yourself

The demands of caring for others can lead to high levels of stress in even the best of times. The Coronavirus Disease 2019 (COVID-19) pandemic has made it even more essential we find ways to manage our stress and emotions. We all face our own set of stressors, related to work or life outside of work. All of these stressors impact our wellness and capacity as caregivers.

Caring for Ourselves

We need to protect and nurture our capacity to be present and attentive caregivers. The good news is that it often takes just a little bit of time to make a big difference in how we feel. There are many ways to care for ourselves. Setting boundaries and protecting our peace is one important way to care for ourselves. Maybe it means saying no to extra activities, or limiting the amount of news and social media you consume. Another way to care for ourselves is to build in activities that help us find a sense of peace and calm.

Self-regulation Activities

Regulation activities can help us shift from a state of fear and overwhelm to a state of calm and focus. We invite you to try out some of the short videos in the Front Line Forces Well-Being series.
- Meditation
- Mantras and Visualization
- Breathing Exercise
- 5-4-3-2-1-5 Exercise
- Stretches and Power Poses

Other Resources
- Your company's Employee Assistance Program (EAP). They offer services at no charge. Speak with your Human Resources Department or designee for more information.
- COVID-19 Well-Being Toolkit and Resources from the Center for Healthy Minds at the University of Wisconsin–Madison
- Taking Care of You tip sheet from the National Long-Term Care Ombudsman Resource Center