Self-Care Tips for Healthcare

While most of the U.S. population has been adapting to quarantined life and other major life changes due to COVID-19, healthcare professionals are facing this pandemic on the front lines. Working in the healthcare field is already mentally and physically taxing, and now there is the added pressure of a health crisis and changing protocols to follow.

Many providers are balancing competing demands, caring for our patients, our families and ourselves. Below are strategies to help manage stress during this challenging time.

Take care of yourself

Eat foods that nurture your body and drink plenty of water. Getting a good night's rest is crucial. The more rested and nourished you feel, the better you will be able to handle the stresses that you encounter throughout the day.

Exercise

Aerobic exercise is essential for stress reduction. Whether it's a walk, or a longer bike ride or yoga session, making time for your physical health is important. Fresh air and movement can make a big impact.

Reach out

Increased anxiety while we navigate COVID-19 is common, as this is an especially stressful time when caring for others. Reach out to colleagues, family, and friends for meaningful support. Contact Canopy for free, confidential assistance.

Rest

Pause for a moment when you can and incorporate something relaxing Into your day, however small. It could be listening to your favorite music, playing with your furry family member, or meditating. Now, more than ever, it is crucial to take care of not only your patients, but also yourself.

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Contact Canopy to speak with a counselor 24/7 at:
800-433-2320   text: 503-850-7721   my.canopywell.com

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