

HAVE YOU CHANGED?

The pandemic has changed us all, including the people who live here.

THINGS YOU CAN DO FOR YOURSELF

1. **Don't believe anything your mind tells you unless it is:** I AM DOING THE BEST I CAN IN A VERY DIFFICULT TIME. Be as kind to yourself as you would be to your most vulnerable patient.
2. **Eat, sleep, move, go outside.** Do 4 deep, mindful breaths. Walk outside if you can. Keep nourishing snacks accessible. Go to bed and wake up in a normal routine. Exercise, preferably in the sunlight - 10 minutes still counts! Yes, EVERY DAY.
3. **Connect with peers.** Identify a battle buddy/buddies, preferably a peer outside your location who knows what you're going through. Do it formally. Agree to minimally check in with each other once a day to listen and validate.
4. **Recharge. Unplug.** Put your phone in a phone hotel for a set time while you spend time with family or friends at home or virtually – every day, no matter how brief. Watch TV, read a book – just take a break! Check out of the 24/7 news cycle by scheduling news hours (instead of the other way around).
5. **Stop the anxiety loop.** What we practice we perfect. Anxiety is contagious. Now is not the time to make negative thinking worse. Stop the cycle. Stay in the oft-difficult present which is rarely as bad as what we fantasize.

THINGS YOU CAN DO FOR OTHERS (RESIDENTS)

- Emphasize and demonstrate interdependence. No team member is more important than another.
- Reduce unnecessary tasks.
- Empower everyone to check on patients.
- Cross pollinate roles & responsibilities – dietary can help move beds, social services staff can get people to med carts.
- We all need each other. All hands are needed on deck, maybe in new roles.
- Brainstorm, being creative and humble. There are no bad ideas. Allow new voices to rise.

THINGS YOU CAN DO WITHIN THE NURSING HOME

Potential Interventions:

- Create safe comforting spaces: resident rooms, nursing stations
- Make EVERY interaction with residents personal & meaningful
- Get outside/in touch with nature
- Complete a breathing exercise
- Complete a grounding exercise.
- Help a resident do a favorite pastime (listen to music, read, watch a favorite movie or TV show)
- Connect: Help residents connect to family and friends
- Obtain external resources: counseling services, spiritual advisors, grief groups

R-A-I-N

for self-compassion

- R** RECOGNIZE (FEELINGS, EMOTIONS, MUSCLE TENSION...)
- A** ALLOW THE EXPERIENCE (IT IS HAPPENING, DON'T RESIST)
- I** INVESTIGATE WITH INTEREST AND CARE (WHAT IS ACTUALLY HAPPENING RIGHT NOW?)
- N** NURTURE WITH SELF-COMPASSION (AND NON-JUDGMENT)



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