

Care for carers in the time of corona

How to we care for each other?

As emergency aid providers, you work hard all day long to help others and that's fantastic! In these trying times, it's especially important for the team to look after each other. The corona stress can be overwhelming and that's completely normal, but together we can beat corona!

1. A strong start

Take a moment to come together at the beginning of the shift. You may be overcome by a sense of panic, and that is quite understandable, given these abnormal circumstances. Take a look around and realise that you are not alone. You are part of a team! Together, think of an energy-giving **ritual** to begin the shift at work.



2. Watch over each other

Allow yourself and others to take a break. If necessary, you can also remind patients that we all need a **break** for time to time in order to provide better care. **Allow room for emotion** and set up a moment for venting your emotions. During these moments, you can let yourself go and **'vent'** absolutely everything that's going on in your head: the things that make you scared, angry, or sad. Forget all the nuances and proper social behaviour. Then focus on the solution and don't get stuck in the problem. Help each other to keep going and don't hesitate to use some **humour**. This helps to keep up our spirits!

3. Finish the day together

Rituals can help to end a tough day at work. Hold a short **debriefing** and reflect on the day. Run through this checklist as a team or alone.

- ✓ Recognise what was difficult during the shift.
- ✓ Be proud of the care you and your colleagues gave today.
- ✓ Name 3 things that went well today.
- ✓ How is everyone? How are you?
- ✓ What are you going to do at home to relax and recharge your batteries?

Do you need a chat?

Contact the psychosocial prevention officer
T: 02/549 71 57

#careforcarers