

# Care for carers in the time of corona

## How do I take care of myself?

Dear Emergency Aid provider,

You work hard all day long to help others and that's fantastic! However, don't forget that you also need care, support, and rest. In these trying times, it's even more important that you regularly recharge your batteries and step back from the corona stress for a while. Is that selfish? Not at all! On the contrary, by taking good care of yourself, you can continue to take good care of others. After all, you can't pour water from an empty pitcher.



### Recharge your batteries in good time

Look for tranquillity in small things: enjoy the spring sunshine, thumbing through a magazine, a lovely cup of tea or coffee, a walk, playing with your kids or pets, chatting on the phone, some DIY. Look after your basic needs: allow yourself a good night's sleep, eat a balanced diet, seek solidarity with those close to you. In doing so, you'll turn on the tap to keep your pitcher full.

### Ask for help

Don't hide your feelings, but talk to those around you. Others may not be able to take away your fear; however, it is often a relief to share your feelings. Don't be afraid to ask for help from colleagues, your manager, friends, and family if you need to. Ask for care; after all, you deserve it just as much as those for whom you are caring.

### Disconnect for a moment

Your days off are exactly that. Fill them with activities that recharge your batteries as much as possible. Do you sometimes find it hard to switch off when you get home? Find a ritual to end your working day. It's also okay to say 'no' once in a while. You can't help everyone and you don't always need to explain yourself.

### Be kind to yourself

It's very tiring to remain sensitive, caring, and kind. Be gentle on yourself if you don't always manage. It's a sign that you have already done so much and that you need to take care of yourself. Be proud of the care that you've been able to provide again today. Recognise one thing that was difficult during your shift and remember three things that went well today. As carers, we often underestimate our contribution!

#### Do you need a chat?

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

#careforcarers