

# Quick Self-Care Tips for Frontline Staff

Right now, more than ever, you need quick self-care tips that can be easily implemented during your shift. Here are some suggestions that can be used at the start of your shift, right before entering a patient room, during a break, and throughout the day.

**Boost Your Resilience** – doing so will make it easier for you to bounce back during stress and strengthen the relationships you have with your co-workers.

😊 Practice mindfulness:

- Do one moment meditations throughout the day (steady, deep breathing for one minute) to calm and center yourself.
- Be mindful and recap all safety precautions at the start of your shift.

😊 Practice gratitude:

- Think of 3 things you are grateful for to not dwell on what's going wrong.
- Thank someone or tell them how appreciative you are of them.

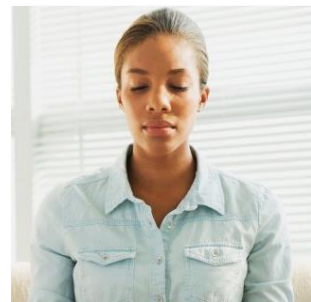
😊 Practice Kindness:

- Help someone out by getting them coffee, picking up lunch, or taking over a task.
- Be kind to yourself. Think of 3 things you did well today and treat yourself.

😊 Practice self-compassion:

- Remind yourself of the selfless act you're doing and the help you are providing to so many. Give yourself a hug.
- This is a stressful time, so lower your expectations of what a successful day looks like.

😊 Be positive and play a game with yourself. Every time you start to say or think something negative, catch yourself and make it into a positive.



## You Are a Superhero:



- ◆ Stand up and feel your feet on the floor
- ◆ Shake your wrists and hands
- ◆ Lift your head slightly and imagine the sun warming you both inside and out, clearing away fog and cobwebs
- ◆ Put your fists on your hips and stand like a superhero to feel your inner strength

For additional support or information on Self-Care, contact your local EAP Consultant.

[kp.org/eap](http://kp.org/eap)