

Self Care Guide

The best thing health care workers can do is take care of themselves.

Take care of your body. Try to eat healthy, exercise, sleep when possible and avoid alcohol and other drugs. The needs of others are not more important than your own needs and well-being.

Connect with others. Share your feelings with a colleague, family member or friend. Maintain relationships and rely on your support system.

Take Breaks. It is not selfish to take breaks. Working to exhaustion does not mean you will make your best contribution.

Breathe. If you feel the common signs of stress (below), consider reaching out through one of our Rush Wellness resources.

Avoid excessive exposure to stressful media coverage.

Wellness Resource Hub

8 a.m. to 8 p.m.

Monday through Friday

4th Floor Tower (04526)

On-Site Wellness Consult Service

Pager# 2323

Rush Wellness Assistance Program

1-833-304-3627

insiderush.edu/wellness



Common signs of stress

- Feelings of exhaustion, anxiety, or fear
- Anger or short temper
- Difficulty sleeping or changes in appetite, energy, and activity levels
- Emotional blunting
- Increased use of alcohol, tobacco, or other drugs



Reduce Your Stress

Practice Diaphragmatic Breathing

- 1** **Sit still.** Place one hand on your upper chest and the other on your belly, just below your rib cage.
- 2** **Breathe in slowly** through your nose for a count of five, let the air in deeply towards your lower belly. The hand on your chest should remain still, while the one on your belly should rise.
- 3** **Hold your breath** for a count of four.
- 4** **Exhale slowly** for a count of five through pursed lips. The hand on your belly should move down to its original position.

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