

Self Care Tips

Your Mind Matters

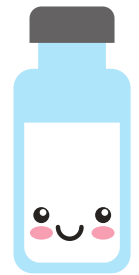
Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Self-care for front line staff can be challenging given the essential work priorities that are present at this time. However, self-care is more crucial now than ever. We need to engage in self-care activities in order to keep our resilience levels buoyant for both ourselves and those we care about.

With potentially an increased work load, the urgency of the work and the emotionally charged interactions with those we serve, our own resilience levels can rapidly deplete. It is important to take some time now to create a personal self-care plan, elements of which can be employed both during and after shifts. Here are some examples:

- Hydrate. Keep sipping water throughout the day to flush out excess stress hormones
- Bring lunch or dinner to work
- Take regular and brief relaxation and breathing exercises breaks. For example, sit up straight, relax your shoulders and breath in slowly counting to five, hold your breath for count of five and breathe out slowing to count of five and repeat three times.
- Do have regular peer-to-peer check-ins
- Try to accept that the situation is ever changing but that this will pass
- Do think about what daily rewards for you might look like after work e.g. watching a programme, listening to some music or reading a book
- Do make a list of one or two things you would like to achieve short term (in one week) e.g. things you would like to achieve at home such as tackling a recipe or cleaning out the hot press
- Regularly seek out accurate information at work. Do not rely on rumors to make decisions
- Limit your access to social media
- Try and not rely too much on caffeine or sweet things
- Do engage in helpful self-talk. Encourage yourself and remind yourself that you are doing your best and that you are making a difference
- Prioritize sleep where possible. Switch off for at least an hour before bed, read a book or magazine.
- If sleep is a problem right now do look up free resources on meditation and mindfulness such as www.beaumont.ie/marc
- Know that you are doing everything that you can
- Try and stay calm when interacting with clients who are agitated. Calmness may help to diffuse anger
- It's ok to be very clear on what you can and can't do
- Talk to a colleague or your manager if you are upset after a difficult interaction
- Seek out social support from your family and friends network and stay in contact via phone and video chat
- Laugh! It's okay to joke, enjoy a funny meme or watch comedy. Laughter reduces blood pressure, enhances your immunity and greatly aids relaxation
- Try not to negatively assess work decisions. Decisions made right now are made swiftly. Do the best you can and if in doubt consult with peers and your manager
- Have open conversations about self-care with your peers
- If you need to talk, do call your Employee Assistance Officer (contact details on www.cseas.per.gov.ie)



If you would like to talk about how you are feeling and need some assistance in finding helpful ways in dealing with the stress you are experiencing contact us at:

Tel: 0761 00 00 30

where you will be able to speak to an Employee Assistance Officer in confidence



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Civil Service Employee
Assistance Service

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**Or visit our website:
www.cseas.per.gov.ie**



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