Regional CPD Resources

Made by Critical Care Nurses for Critical Care Nurses

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Session Title: Working to be well: Wellbeing & Covid-19

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CPD Hours for Revalidation:
STEP competency No.:
Session Aim & Objectives

Aim
• To be aware of the triggers and symptoms of extreme stress and burnout.
• To be aware how to look after your wellbeing

Objectives
• Tips to self care
• What to look out for post Covid-19 regarding your mental health.
Disclosure

The presenter of this online learning session has no conflict of interest & has not received any income from a commercial supplier.
Management of Stress and Burnout

- Recognise your symptoms both physical, emotional and psychological
- Reach out to your manager or colleagues to let them know how you are feeling.
- Use phones Apps on your phone to help with rest, breathing to regulate emotions unwind and sleep.
- Write down how you are feeling in journal or video diary or voice note, be creative, it doesn’t need to make sense.
- Consistent Exercise:- Really useful for anxiety as it releases Endorphins (happy hormones) it activates the neuro system.
- Drink enough fluids to stay hydrated.
- Practice healthy eating habits.
- Get enough sleep
- Take part in relaxing activities, such as yoga and meditation.
- Abstain from alcohol, tobacco and other illicit drugs
15 Signs of Stress and Burnout

- Exhaustion, lack of energy
- Headaches or stomach pains
- Increase of isolating or withdrawn
- Behavioural changes
- Increased irritability
- Frequent illnesses
- Neglect own self care
- Denial of feelings
- Alienation from non-work related activities
- Mental or physical collapse
- Reduced creativity
- Poor performance
- Memory loss
- Neglect personal hygiene
References & Further reading:

Please reach out and get support it can save lives. Prioritising your emotional wellbeing, ensures that you can look after your patients better.

Website links:

https://www.headspace.com/covid-19
https://blog.calm.com/take-a-deep-breath

Helpline for emotional distress

Get 24/7 help Text 85258
https://www.giveusashout.org/get-help/

Campaign against living miserably
https://www.thecalmzone.net/:- 0800 58 58 58

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