

COVID 19 PERSONAL WELLBEING PLAN

Part 1



5 areas for
Wellness
development.

ACKNOWLEDGE

ACKNOWLEDGE YOUR DISCOMFORT

- Acknowledge that our lives have changed for the foreseeable future.
- Discomfort is NORMAL, but it's very uncomfortable.
- But, with discomfort does come opportunity for growth.
- Name your emotions: If you can name anxiety and fear, you can tame them.
- Self-Compassion - Be kind to yourself in your discomfort.

SELF CARE

PLAN

- Get Outside: Even in isolation, there is your backyard.
- Food : Get organised. Fill your freezer and pantry. Experiment with dishes you have always wanted to cook.
- Exercise: Get those endorphins flowing and expend that nervous energy.
- Sleep: When you can. Aim for 8 hours. Naps will top you up.
- Connection - use tech like Zoom, Google hangout and Teams to 'see' your family and friends.

INFORMATION

FILTER

- Social Media: Try to limit your exposure to social media. Have set times each day to check in.
- News: Follow reputable news outlets.
- Utilise the down time functions on your phone to limit notifications to set times each day
- Seek accurate info from your employer. Especially about leave entitlements, if in quarantine or isolation.

SAFETY

SOCIALLY DISTANCE

- | HOME | WORK |
|--|--|
| <ul style="list-style-type: none">• Clothes, scrubs and shoes off before entering the house• Shower before you see your family• Elderly or immuno-suppressed relatives: minimise contact | <ul style="list-style-type: none">• Phone in plastic bag• Clean: Stethoscope, pen, ID badge just before you leave work• PPE: Do your training and have a spotter for Donning and Doffing• Wash your hands, wash your hands! |

PSYCHOLOGICAL

MENTAL WELLBEING

- Build your support networks: mentor, work buddy, GP
- Engage in effective reflective practice.
- Focus on your Circle of Control
- Mindfulness: take it one moment and one patient at a time.
- Recharge: Micro and Macro recharge daily
- Practice gratitude
- Identify your individual challenges and find solutions

COVID 19 PERSONAL WELLBEING PLAN

Part 2



Create your 5 part
Wellness plan
here.

ACKNOWLEDGE

ACKNOWLEDGE YOUR DISCOMFORT

What 'uncomfortable' emotion/s
am I feeling?

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What specific things are worrying
me?

.....

SELF CARE

PLAN

How will I ensure I have access to
nutritious food at home and work?

.....

How will I ensure I exercise
regularly?

.....

How will I ensure I remain
connected to those I love?

.....

What 3 things am I most grateful
for?

.....

What activities unrelated to
COVID am I going to engage in?

.....

INFORMATION

FILTER

When will my COVID free time be
each day?

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What 2 reliable sources of news
will I use?

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What 2 social media applications
am I going to limit myself to?

.....

SAFETY

DECONTAMINATION

What do I need to get / do to
ensure I am safe at home?

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What do I need to get / do to
ensure I am safe at work?

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PSYCHOLOGICAL

MENTAL WELLBEING

What will I do to combat my fear /
anxiety?

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Who is my mentor / work buddy
that I could chat to?

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What 2 challenges within my
Circle of Control will I address this
week?

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Do I need to make an appointment
with my GP / psychologist?

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