COVID 19 PERSONAL WELLBEING PLAN

Part 1

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
- Clothes, scrubs and shoes off before entering the house
- Shower before you see your family
- Elderly or immuno-suppressed relatives: minimise contact

WORK
- 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!

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.

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**ACKNOWLEDGE**

**ACKNOWLEDGE YOUR DISCOMFORT**

What 'uncomfortable' emotion/s am I feeling?

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What specific things are worrying me?

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**SELF CARE**

**PLAN**

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

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How will I ensure I exercise regularly?

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

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What 3 things am I most grateful for?

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

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**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?

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**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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**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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