

# PROVIDERS' EMOTIONAL WELLNESS

A, B, Cs of provider self-care when working with sick children and their families.

## Awareness



- ✓ Be aware of how you react to stress (overworking, overeating, exhaustion, and verbal outbursts).
- ✓ Monitor your stressors and set limits with parents and colleagues.
- ✓ Talk to a professional or your manager if your stress affects your life or relationships.

## Balance



- ✓ Diversify tasks and take breaks during the workday.
- ✓ Eat sensibly, exercise regularly, and get enough sleep.
- ✓ Engage in activities outside of work; use your leave days.

## Connection



- ✓ Connect regularly with family, friends, and community.
- ✓ Use meditation, prayer, or relaxation to connect with yourself.
- ✓ When not at work, disconnect from professional role and e-mail and/or WhatsApp messages.

Adapted from Saakvitne & Pearlman, 1996