









IS YOUR WELLBEING TANK RUNNING ON EMPTY?

A SELF-REFLECTION TOOL FOR MAINTAINING PERSONAL WELLBEING

During the Covid-19 crisis, finding a balance that supports your wellbeing may be challenging. Look at the gauges below and identify those areas where **too little** or **too much** is compromising your wellbeing; then consult the suggestions to help you move the dial in a better direction.

MOVE THE DIAL UP	TOO LOW ELEMENT TOO HIGH	MOVE THE DIAL DOWN
EMOTIONS		
<ul style="list-style-type: none"> Think of some things that have made you proud or happy in the past two weeks. Every day, write down one thing that you are grateful for. Find ways to bring humour and laughter into your life, even if it is only funny YouTube videos. Practice positive self-talk, for example, 'I am enough' and 'I can get through this'. 	 <p style="text-align: center;">Lowered emotions (depressed) Heightened emotions (anxious)</p>	<ul style="list-style-type: none"> Focus on controlling the things that you can and try to let go of the things that you cannot control. Replace unhelpful, stress-inducing thoughts with helpful, confident thoughts, for instance, 'I've got this!' and 'this is tough, but so am I.' Give yourself a few minutes for a mental break after a challenging event, for instance, a difficult interaction with the family of a patient. Unwind with relaxing music at the end of your shift or workday. Reconnect with your values, for example, ask yourself: Why did I become a healthcare worker? If you are anxious, speak to a trusted family member or friend, call the Incon employee assistance helpline on 0800 205 305 or an external COVID-19 support helpline.
SLEEP		
<ul style="list-style-type: none"> Try to stick to a regular sleep schedule. Go to bed 30 minutes earlier. Focus your mind on one positive memory or plan to help you fall asleep. Stay away from screens at least 30 minutes before bedtime. Direct your thoughts away from your daily stressors by doing a crossword puzzle or reading a book. Write down your to-do list for the next day to free yourself from thinking about it. Give yourself a wind-down window before bedtime. Relax. Do restorative yoga, spend time outside, take a warm bath or enjoy a warm drink (not coffee). 	 <p style="text-align: center;">No sleep Too much sleep</p>	<ul style="list-style-type: none"> Try to stick to a regular sleep schedule. Try to get up when the alarm goes off the first time. Do not hit the snooze button. Find a purpose to get out of bed on your day off. Make a list of things at home that you have wanted to do but never found the time for, for example, paint the outside gate, do gardening or invest time in a hobby.
ACTIVITY		
<ul style="list-style-type: none"> Take a walk outdoors, be it in your yard, the street or a park. Get moving with a 20-minute morning warm-up. Look for home exercise apps or try out some exercise videos on YouTube. Find new, fun ways to move. Skip, jump and hop. Involve others. Have a pyjama dance-off with your children. Stand up and stretch. 	 <p style="text-align: center;">Inactive Active</p>	<ul style="list-style-type: none"> Make time to relax. Read a book. Watch a movie. Play board games with your family. Remind yourself that when you are exhausted you cannot offer as much as when you are well rested.

MOVE THE DIAL UP	TOO LOW ELEMENT TOO HIGH	MOVE THE DIAL DOWN
CONNECTION		
<ul style="list-style-type: none"> • Call someone you have not talked to in a while to catch up. • FaceTime or video chat with family members. • Open up to your loved ones or trusted colleagues about feeling lonely and disconnected. 	 <p>Disconnected Connected</p>	<ul style="list-style-type: none"> • Spend a day without so much as looking at social media. • Unfollow social media accounts that do not bring you joy. • Set a cut-off point for coronavirus news each day. • Plan some me-time. Spend it exactly as you like.
WORK		
<ul style="list-style-type: none"> • Make a list of short-term goals and work through them one by one. Reward yourself when you mark them as completed. • Think of something you have been procrastinating and tackle it as soon as possible. • Put mechanisms in place that will make your progress visible to others. • Lend a helping hand to colleagues who need it. 	 <p>Apathetic Driven</p>	<ul style="list-style-type: none"> • Find the courage to say 'no' when you are over-extended and cannot cope. • Do not feel guilty about not taking an extra shift. When you are well rested, you are able to serve your team and patients better than when you are exhausted. • Prioritise: Write down your to-do list and identify items that you can leave out or that you can ask someone to help with.
DIET		
<ul style="list-style-type: none"> • Make a wholesome breakfast and focus on eating it mindfully and uninterrupted. • Pack yourself a healthy lunch every day. • Make time to refuel (aim for every three to four hours), even if it is just a quick, nutritious snack. • Invest in a good quality daily multivitamin supplement. • Remind yourself that food is fuel and without it you cannot go very far or perform at your peak. 	 <p>Deprive or under nourish Indulge</p>	<ul style="list-style-type: none"> • Plan your meals and ensure that you have the necessary ingredients at home. • Stock your cupboard with healthy options for the times that you need a snack. • Pack yourself a healthy lunch for work. Leave your wallet at home. • Drink plenty of water.
CARE		
<ul style="list-style-type: none"> • Send an encouraging text message to five co-workers or family members. • If you are going to the grocery store, pick up some items for high-risk neighbours who might not be able to leave their home. • Donate money, supplies or time to a cause you care about. 	 <p>Abandon Suffocate</p>	<ul style="list-style-type: none"> • Say 'no' when you need to. You deserve a break too. • Help your children identify ways to help themselves. Equip them with information and tools. • Find something that you enjoy and make time for it, for example, cooking, gardening or reading. • Schedule me-time. Discuss and plan how each responsible family member can be allowed some well deserved time alone.
MINDFUL		
<ul style="list-style-type: none"> • Wake up 30 minutes earlier to meditate, pray or reflect. • Try meditating for five minutes or follow a guided meditation. • Practice mindful breathing. • To slow down, eat some fruit very slowly, piece by piece. Savour the taste, touch, sight, and smell as you take each bite. • Remember three things that you are grateful for while washing your hands for at least 20 seconds. 	 <p>Distracted Overly mindful</p>	<ul style="list-style-type: none"> • Bring yourself back to earth by purposefully facing your current reality. • Put action plans in place for those ideas that you have had for years but have never done anything about. • Craft a self-care plan that will help you monitor and maintain your wellbeing goals.

EXPERTISE YOU CAN TRUST.

www.mediclinic.co.za