

HCP Tips for Self- Care and Patient Care during Isolation

Impact of Patient Isolation

- Make time for regular check-ins with patients
- Encourage patients to identify and talk about their feelings
- Help patients and families find personal and creative ways to stay emotionally connected

Miss socializing

- Schedule at least one phone call or virtual visit per day
- Reach out to someone and ask how they are doing
- Rekindle old relationships
- Look for opportunities to make new friendships (we all have a lot in common right now)
- Look for ways to deepen the connections with the ones closest to you

Insomnia

- Ensure that you are waking/sleeping at the same time daily
- Keep a healthy routine and diet, and be mindful of getting rigorous exercise daily
- Go for daily walks, if possible
- Start winding down an hour before bed with a warm bubble bath, herbal tea, candle, etc.
- Listen to your body. Are you well-rested?
- Where is your body tense? How is your breathing? Remember to breathe

Family Tension / Abuse

- Take time-outs for yourself and let everyone know that you need this space/time e.g. go for a walk, read a book, listen to music
 - Create physical spaces for privacy within the confines of the home
 - Pick your battles. Preserve your energy for the important things.
- Practice kindness, consideration towards others, and forgiveness as much as possible.
 - Set time aside to strengthen your own inner resolve and resilience e.g. prayer, meditation, journaling
- Seek out others to talk to, make a safety plan, and think of places to go in the event that you have to leave
 - Keep health and wellness resource phone numbers handy for easy access
 - Seek professional help if you are in danger