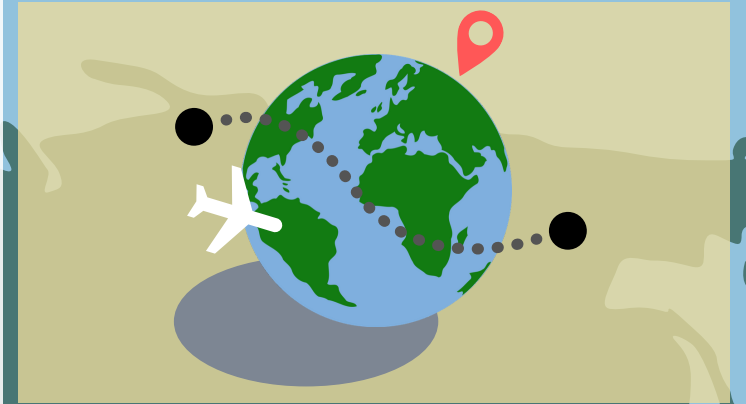




# Psychological Coping during Disease Outbreak



Healthcare professionals and first responders



APART FROM THESE COMMON POST-CRITICAL INCIDENT STRESS REACTIONS, HEALTHCARE PROFESSIONALS AND FIRST RESPONDERS MAY ALSO EXPERIENCE DISTRESS PARTICULARLY RELATED TO THEIR WORK SUCH AS HELPLESSNESS, GUILT, FRUSTRATION IN FACE OF:

-  A NOVEL DISEASE WITHOUT AN EFFECTIVE TREATMENT YET 
-  INCREASED WORKLOAD 
-  THINKING ONESELF SHOULD/COULD HAVE DONE MORE 
-  FEAR AND ANXIETY OF BEING INFECTED 
-  PRESSURES OR EXPECTATIONS FROM PATIENTS AND OTHERS 
-  WORKING ENVIRONMENT AND INADEQUATE SUPPORT 
-  EXPERIENCE OR WITNESS OF VIOLENCE, PAIN AND SUFFERING ETC 

**YET,**  
PLEASE REMEMBER,  
YOU ARE ALSO A HUMAN BEING IN MEANTIME  
AND TAKING CARE OF YOURSELF IS  
PARAMOUNT.  
HERE ARE SOME WARM REMINDERS:



- ✓ UNDERSTAND AND EVALUATE YOUR ROLE, RESPONSIBILITIES, CAPACITY, AND RISKS IN THE JOB OBJECTIVELY 
- ✓ ALLOW YOURSELF TIME TO MAKE HONEST AND INFORMED DECISIONS FOR YOURSELF 
- ✓ ALLOW AND ACCEPT OWN EMOTIONS. TAKE TIME TO UNDERSTAND AND EXPRESS YOUR FEELINGS AND NEEDS 
- ✓ REACH OUT TO LOVED ONES IN TIMES OF DIFFICULTY AND DISTRESS, OR WHEN MAKING IMPORTANT DECISION 
- ✓ MAINTAIN ROUTINES AS MUCH AS POSSIBLE, TRY TO EAT REGULARLY AND ENSURE ADEQUATE SLEEP AND REST 
- ✓ SEEK SUPPORT AND SUPERVISION IN WORKPLACE REGULARLY/IF NEEDED 
- ✓ ADOPT HELPFUL WAYS THAT YOU HAD USED IN THE PAST TO ENDURE HARDSHIP 

## DON'TS:

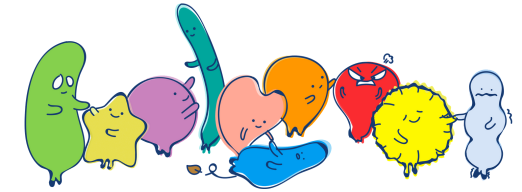
- ✗ TAKE MORE RESPONSIBILITIES AND WORK THAN ONE COULD HANDLE 
- ✗ WORK EXCESSIVELY WITHOUT TAKING ANY BREAKS OR UNTIL YOU FEEL EXTREMELY EXHAUSTED 
- ✗ SET UNREALISTIC OR UNREASONABLE EXPECTATIONS AND DEMANDS ON YOURSELF E.G. "I HAVE TO CURE EVERY PATIENT." 
- ✗ MINIMIZE PERSONAL CONCERNS AND NEEDS, THINKING THEY ARE UNIMPORTANT 
- ✗ WITHDRAW FROM YOUR SOCIAL NETWORK AND SUPPORT SUCH AS FAMILIES AND FRIENDS 
- ✗ RESORT TO ALCOHOL, SMOKING, CAFFEINE, OR DRUGS IN MANAGING STRESS 



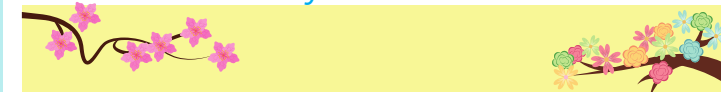
TAKING GOOD CARE OF ONESELF IS ALSO A WAY OF BEING RESPONSIBLE TO OTHERS. IF YOU NOTICE YOUR DISTRESS HAS BECOME PERSISTENT (E.G. >1 MONTH) OR IS GREATLY AFFECTING YOUR PSYCHOLOGICAL WELL-BEING AND/OR DAILY FUNCTIONING, DO CONSIDER SEEKING PROFESSIONAL HELP.



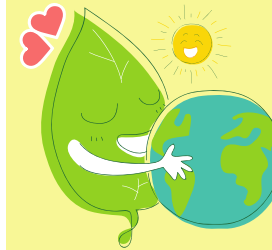
How do you feel lately?



If you feel an immense amount of stress, or if your body exhibits different reactions, you can try to just sit quietly, and slowly breathe in and out.



Along with the rise and fall of each breath, observe your feelings and thoughts in a nonjudgmental way.



Whenever your body or mind feels any disturbance or pain, gently respond, understand, and treat yourself with compassion.

Experiencing suffering and moments of vulnerability in our lives is a shared, human experience. Only after taking care of ourselves can we have the ability to care for others around us.

