

# Clinician Well-Being During Times of Crisis

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***In a time of crisis, a common reaction is to throw all effort into dealing with the situation, whatever it might be, giving little thought to your own well-being. But when life has taken a totally unknown turn, taking care of ourselves is a must.\****



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\*Gwen Irwin, 2018



# Key Take Aways

- **Relinquish Control:** Recognize that Covid-19 is uncharted territory for all.
- **Revisit History:** Remind yourself of challenges you have managed in the past. Think about the strengths and abilities you've leveraged that helped you navigate times of uncertainty. Revisit those strengths.
- **Establish Realistic Expectations:** Be mindful regarding your expectations of what you can accomplish. Consider reducing the demands you put on yourself.



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# Key Take Aways

- **Give Yourself a Brain Break:** Give your thoughts a break from thinking about what has happened, and what might happen next.
- **Unplug from the Noise:** Make it a practice to ‘unplug’ for a specific amount of time each day.
- **Find a State of Flow:** Nurture yourself by spending time each day doing something unrelated to do your day-to-day stressors.



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# Key Take Aways

- **Your Body Matters:** Get some type of exercise each day. Get enough sleep to feel well rested. Eat well-balanced meals at consistent times.
- **Pay it Forward:** Feel good by helping others feel good.
- **Find Your Tribe:** Recognize you are not alone in what you are feeling. Surround yourself with those that can provide a safe and comfortable place to share your concerns.



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# Resources

- Visit ACC Covid Hub [here](#) for updates
- Visit the ACC Clinician Well-Being Portal for additional resources [here](#)



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