

Reach for Resilience

Helpline for ND Healthcare Workers

Call us at:
701-365-4920



In a crisis? Call the National Suicide Prevention Lifeline at 1-800-273-TALK

Got Self-Care?

What gets in the way of your self-care? Feel like you're being selfish? Too busy? Not enough time? Too exhausted? As a giving healthcare worker, it can be hard to find time and energy after work to care for yourself.

Try to take a few minutes during your commute, before bed, or even between patients to be the difference for yourself with self-care during this stressful time.

- ☑ **Recognize the valuable role you and your colleagues play on the front lines of COVID-19.** Remind yourself that you are making a difference and taking care of those most in need.
- ☑ **Practice self-compassion.** There is no road map. You are doing the best you can in a difficult situation. Take breaks from work when you can.
- ☑ **Validate any emotions you might be feeling.** There is no right or wrong way to process the COVID-19 experience. It is normal to feel a range of emotions including being overwhelmed, frustrated or angry, worried, anxious, restless, agitated, sad or fatigued.
- ☑ **Find ways to see the positive.** It can be easy to get overwhelmed hearing about the growing number of confirmed cases, shortage of resources and loss of life. Try to find the hopeful stories about communities coming together to support local businesses, feed hungry children and families, and recognize front-line workers, like YOU, for their sacrifice.

(Mental Health First Aid, 2020)



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