**Managing Your Mental Health**

**Take care of yourself**

1. **Meet basic needs.**

Eat, hydrate, and sleep regularly to optimize your ability to provide care for yourself and others

* To enhance your personal, emotional and social well-being, track your sleep hygiene (keep a sleep diary PDF, sleeping scale PDF)
* Download apps for guided meditation to aid with sleep, such as:
* Nucalm (for stress management and improving sleep)
  + website: nucalm.com
* Calm (for Meditation and sleep)
  + website: www.calm.com

**2. Feel free to feel your feelings**

You might feel tremendous pressure given certain stressors at work. The feelings associated with stress do not reflect weakness or incompetence.

**3. Apply coping strategies**

Think of strategies that have been successful during previous stressful times. Practice them. Take a break (during work or between shifts), rest, engaging in physical or relaxing activity. These can provide a helpful distraction.

**4. Stay connected**

Connect with family and friends. Giving and receiving support from family, friends, and colleagues can reduce feelings of isolation.

* Engage with your KFSHRC community in fun, physical activities. Contact KFSHRC’s social club to learn about sport activities (such as hiking and camping excursions )
  + Contact person:
  + Link to Social Club…XXXX
  + Telephone Number:

**5. Perform regular self check-ins**

Check in on yourself and monitor signs of depression or increased stress (e.g. prolonged sadness, sleep problems, and/or feelings of hopelessness). Share it with a family member, fried, trusted colleague or supervisor. If symptoms persist or worsen over time, consider seeking professional help.

**6. Take breaks from the news and social media**

Step away from your computer/smart phone occasionally. Focus on information from reputable and trusted sources (avoid relying on information shared in social media). Participate in work meetings where relevant information is provided.

**7. Remember the importance and meaning of your work**

Despite challenges and frustrations, remind yourself that your work is a noble and important calling. You are taking care of those in need. Also, recognize the efforts and sacrifices of your colleagues whenever possible.We are all stronger together.

**Meet basic needs.** Eat, hydrate, and sleep regularly to optimize your ability to provide care for yourself and others. **Honor service.** Remind yourself (and others) of the important work you are doing. Recognize colleagues for their service whenever possible.

The recommendations above are adapted from mental health education fact sheets at the Center for the Study of Traumatic Stress at [www.cstsonline.org](http://www.cstsonline.org/). By Joshua Morganstein, M.D. Chair, APA Committee on Psychiatric Dimensions of Disasters.