COVID-19: Looking after yourself as the outbreak gathers pace

	Technical Capacity	Staff Challenges	Actions staff need to take themselves	Interventions for staff	Corporate actions
Preparation					
Early Phase	:		X		
Mid Phase			X		
Peak Phase					
Tail-off phase					
Post- COVID19					

Build new teams

Actively use your Personal Wellbeing Plan*

Conscious attempts to establish a routine for relaxation & sleep hygiene

FOCUS ON
"CIRCLE OF INFLUENCE"
& SUPPORTIVE TEAMWORK

Learn new self-care strategies (psychological and cognitive) and practice developing them

Avoid excess caffeine/alcohol

Work within own competencies, but learning new skills to help others

1

A technique to reduce cognitive load in a high pressure or crisis situation

CIRCLE OF INFLUENCE*

5

Try this technique if unmanageable clinical workload or emotional distress threatens to overwhelm you

2

Think about things you can control, things you can influence, and things you can neither control nor influence

3

If you start to feel overwhelmed, focus on what is under your control at this very moment.

4

Break down tasks (or units of time) into manageable chunks