

# SWITCH OFF, RELAX AND UNWIND

With increased workload and the rapid changes happening currently, we are all likely to experience increased stress levels as healthcare professionals.

If you think of work as being “go-go-go”, this is very activating for your body and mind’s stress response

Wearing PPE, planning, adapting ways of working are all increased demands upon us. There are many things happening right now that feel frustrating and can be upsetting to witness.

You might start to notice knock on impacts such as tension, racing thoughts, inability to switch off.

## It is okay if you are not feeling okay

This is a roller coaster....you need to step off at regular intervals.

### Time out in work:

- take your breaks! If you can, go for a walk or step outside. If you can't, band covid talk on break
- Try our three-minute breathing space from “Calm and in control”
- look out of the window and pause, take notice of something outside the hospital

### Try to find ways to switch off when you are away from work.

#### Ideas include:

- chat to friends on the phone - and don't talk about covid
- Listen to some relaxation techniques <https://stresscontrolaudio.com/home>
- step away from too much social media and news - try to do this just once a day
- unwind with films, and documentaries - think comedy, nature, light hearted
- get out in the garden