

# HOW TO SUPPORT YOUR COWORKERS DURING COVID-19

Give light and people will find the way.  
– Ella Baker

## WE ARE A TEAM

- Working in an ED or OB unit, remember that you're part of a larger system of care. Your coworkers include not only peer recovery coaches, but also nurses, doctors, and other individuals who work within this larger system of care.
- **Everyone**, no matter their role or status, is your **teammate**; and all of your **teammates** are **experiencing** an **increased** level of **need**, right now.
- Regardless of our differences, we all share the common goal of improving the health and well-being of our communities. How can we pull-together to support one another?

## WHAT CAN YOU DO?

*Check in on each other*

- **BUDDY SYSTEM**: Pick someone and connect daily. If you're starting to notice changes in behavior (mood, irritability, distancing) *ask! It's OK to not be OK!*
- **NEW OR OLD BUDDY** – *get to know each other*, keep an eye on each other, set up check-in times.

## DON'T TAKE IT PERSONALLY

- This is a high-stress time, especially for healthcare workers. They are sleeping less, working more, and dealing with higher patient volumes. You may face challenging interactions because of this. Try to remember that none of this is personal. Let it roll off your back and *maybe even see if there is anything you can do* to provide extra *support*.

## BE MINDFUL OF SECONDARY TRAUMA (STS) & COMPASSION FATIGUE

- Hospital staff are dealing with the stressors we all are (*and then some*).
- Their world has changed, even more significantly than ours.
- Some symptoms include *fatigue, withdrawal, guilt*.
- Perhaps check in to ensure they're allowing their body to rest, relax, sleep.
- All those in the healthcare field may experience **Compassion fatigue**– *coaches, counselors, doctors, nurses*, included. Emotional and physical exhaustion of caring for others, can lead to a lack of compassion or empathy.

## USE YOUR MOTIVATIONAL INTERVIEWING SKILLS

LISTEN.  
BE PRESENT.  
REFLECT.  
EMPATHIZE.

## “CARING TOO MUCH CAN HURT”

*This often happens when we care too much for others, without balancing our self-care.*

