

# CARING FOR THE CAREGIVERS

EMOTIONAL FIRST AID GUIDE  
TO CARE FOR THE CAREGIVERS



# How do I survive in the crisis?



First I take care of me

## I SURVIVE BECAUSE:

- ✓ I am responsible for myself.
- ✓ I can count on me.
- ✓ I take care of myself to continue helping others.

## What the coronavirus crisis implies

A big change in everyone's normal life

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A big change in everyone's normal life

It involves a crisis with 2 possible paths:

## Danger

- I allow the crisis to sweep me away
- I overextend myself
- I generalize my impotence and contagion



If I stay on this path:

## Opportunity

- I choose to take care of myself
- I use my personal resources (strength, knowledge, solidarity, courage)
- I acknowledge that I have human limitations



Building my care for me:

## If I stay on this path:

### I THINK

- about getting infected and infecting others, of dying or what if my loved ones die.
- that I am exceeding my capacity to respond.
- that everything I know is not enough.
- that material resources are not enough (as in any crisis).

**THIS IS NEVER GOING TO END!**

### I FEEL

- Impotent, uncertain
- Anguish, fear, sadness
- Anger, fury and rage
- Guilt

### I DO

- Too much and impulsively.
- I fight with everyone and with myself.
- I don't stop - I get physically & mentally ill.
- I give up - I want to leave and abandon everything.

## Building my care for me:

### I THINK

- I am human (what I think, feel and do is NORMAL and NECESSARY in a crisis).
- I know that I am an expert in my area: I have the knowledge of a trained professional.
- I have experience responding in crises.
- I have technical, scientific and human resources.

### I FEEL

- Sure of my abilities.
- Strength to contribute in the worst public health crisis that I have experienced.
- Confident that whatever happens, I can get by.
- Hope: **"ONE DAY AT A TIME!"**

### I DO

- The best I can.
- I am in solidarity with myself and my colleagues.
- I acquire new knowledge and skills.
- I streamline processes for myself and others.
- I stop, breathe and become aware of my body.
- I eat and sleep



# Building Care

I lead my own care when:

I can lead myself

**I accept how I feel and know that emotions are contagious:**

- Mirror neurons affect emotions and are activated by observing, hearing or feeling another person as if it were our own experience. In this way, I feel the pain of others as my own.

- Mirror neurons are responsible for our empathy.

**I build positive attitudes**

- Attitudes are made up of: thoughts, feelings and behavior.
- By changing my thoughts, feelings and behavior, I change my attitudes and thus I am in control.

- I only need to change one of these components to change my attitude.



# I take care of myself and my team

Every caregiver takes care of their team.



I open difficult or painful topics with my team.



I emphasize what we have instead of what we lack.



I publicly acknowledge the capabilities, knowledge and skills each member of my team.



I establish a minimum daily schedule (timing, who is responsible, space to eat and hydrate).



I have the right to rest (even for moments).



I take responsibility for the emotion that I spread:  
I choose to share hopeful information.



I choose a reliable partner to be able to talk about how I feel (even if it's small moments).



"I am vital for all of us to move forward."

I am a valuable professional and this is a historic moment to be one.

