

MAINTAIN YOUR WELLBEING WHILE YOU CARE FOR OTHERS

#NOTJUSTAJOB: HOW TO USE THE EMOTIONS THERMOMETER

IT IS ESSENTIAL THAT YOU TAKE CARE OF YOURSELF PHYSICALLY, AS WELL AS EMOTIONALLY. INDICATE ON THE THERMOMETER WITH A CROSS OR DOT HOW YOU FEEL.

Consider the words below (these are guidelines only), or look at the corresponding colours on the left. People respond differently; take the necessary steps to ensure you remain in the **green zone** as far as possible.

ZONE	WHAT CAN I DO?	
	<ul style="list-style-type: none"> • Appreciate what you have been able to do so far. • Do breathing exercises to calm fear and anxiety. • Connect with someone you trust and speak about how you are feeling. • Identify small steps you can take to move towards the green zone. • Ask for help. <p>What else can I do? _____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> • Take a few seconds and remove yourself from a situation that becomes intolerable. • Ensure you stay connected to what is important to you. • Give yourself positive affirmations, for example: 'I can try.' • Identify the biggest source of your fear. What are you most afraid of now? Then identify ways to minimise the risk of that happening. <p>_____</p> <p>_____</p> <p>_____</p>
	<ul style="list-style-type: none"> • Equip yourself with information. • Ask clarifying questions. • Identify and focus on what you can control. • Focus on a few tasks at a time and on completing them. <p>What else can I do? _____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> • Talk about your feelings with a colleague. • Identify small steps you can take to move to the green zone. • Give yourself positive affirmations, for example: 'I can focus on the now.' <p>_____</p> <p>_____</p> <p>_____</p>
	<ul style="list-style-type: none"> • Be proud of yourself and where you are. • Give positive affirmations to yourself and others, for instance: 'I, or we, will get through this' or 'I, or we, can keep going.' • Identify small steps you can take to stay in the green zone. <p>What else can I do? _____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> • Check in with team members. • Provide support where you can. • Start a conversation with colleagues who seem to be struggling. • Motivate your team members. <p>_____</p> <p>_____</p> <p>_____</p>
	<ul style="list-style-type: none"> • Appreciate what you have been able to do so far. • Connect with someone you trust and speak about how you are feeling. • Take regular and intentional breaks. • Identify small steps you can take to move to the green zone. <p>What else can I do? _____</p> <p>_____</p> <p>_____</p>	<ul style="list-style-type: none"> • Distract your negative thoughts by focusing on the current moment, for instance, the immediate task in front of you. • Give yourself positive affirmations, for instance: 'I can try to do this.' • Be patient and compassionate with yourself. <p>_____</p> <p>_____</p> <p>_____</p>

EXPERTISE YOU CAN TRUST.