



Self-Care is Vital when Caring for Others



6 Tips To Help Manage Stress

Take a Moment for You

Focus on your breathing to reduce adrenaline release. Breathe mindfully, and you will notice the effect on your body.



Try to Rest

When possible, try to switch off and sleep when you can.



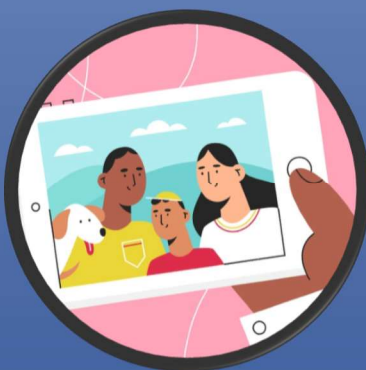
Try to Get Outside

If you normally exercise, try to fit some in. Even taking a walk outside will help.



Don't Forget to Eat

It's easy to miss meals when you're busy. Have you had lunch? Maybe a healthy option?



Try to Stay Connected

Keep in touch with friends and loved ones by phone or video chat



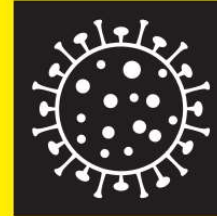
Stay Hydrated

Try replacing a sugary drink or coffee with a bottle of water. Hydration is good for mental and physical health

HSE Employee Assistance Program

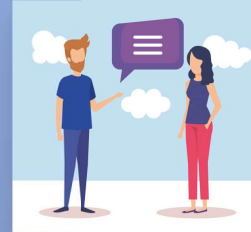
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Coronavirus COVID-19



Coronavirus
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Assistance
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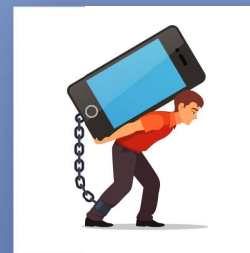
Tips for Managing Stress



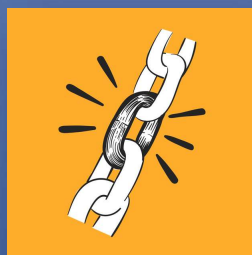
It's normal to be sad, stressed, confused, scared or even angry during a crisis. Just talking to someone can help. The HSE Employee Assistance Program have qualified counsellors who are here to listen.



Be aware that not everything being said about COVID-19 is accurate. Go to reliable sources, like the Health Protection Surveillance Centre (www.hpsc.ie).



Try to reduce stress caused by constantly watching or reading the news. Limit time on social media, especially when you feel the content is upsetting you.



Remember what you've done in the past to help manage stress and challenges. Know that you've developed skills and strategies to manage your emotions. Use them during this time too.



Self-care is key. Stay healthy by eating well, getting enough sleep, exercising when possible and keeping in touch with loved ones.



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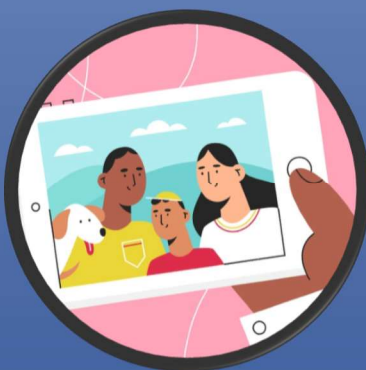
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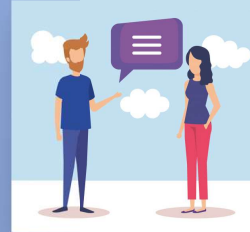
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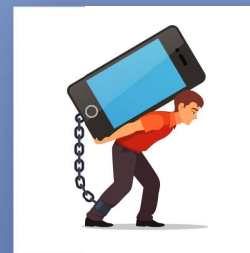
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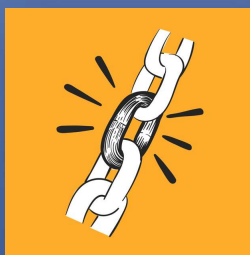
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