Have you taken a break today?

Patients are a priority, and your well-being is a priority!

**Take a break:** walk around the block or around the hospital—leave your phone in your pocket!

**Meet your basic needs:** Have you had lunch today? Bodies and brains need food!

**Stay connected:** This is an emotionally difficult time. It’s normal to feel sad, stressed, and overwhelmed. Seek support to reduce feelings of isolation.

**Debrief** with someone!
Take time to honor the work you are doing.

**Take a Mindful Moment:** Slowing down your breath can help you feel less stressed. Take a couple of deep focused breaths, with your eyes closed if you can, keeping all of your attention on your breath.

**Do self check-ins:** Without judgment or analysis, notice what you’re feeling. Say, “This is a moment of suffering,” or “This is painful,” or “This is stress.”

Consider a simple 60 second timeout with your team after a patient death. Honor the patient who died and recognize the high quality care you provided.

Check on your colleagues—we are all struggling.

**Please enter your local number here for providers to reach out to if they need help. If no specific resource/phone number identified, can include National Suicide Prevention Lifeline 800-273-8255.**

Remember that you’re not alone.
We’re in this together.
STRAC has resources for you at [https://www.strac.org](https://www.strac.org)