

# CLINICIAN WELLBEING

## FEELING ANXIOUS

It is a completely normal response to be feeling anxious in these uncertain times. We are humans first, clinicians second. As humans we process anything that is new as a threat and COVID-19 is a threat. As clinicians, we have a bias toward detecting negatives - to look for problems, so it's not surprising that we might be feeling anxious or fearful in response to COVID-19.

## COMPARTMENTALISE

COVID-19 can put a strain on your work and personal life. Sometimes, it's difficult to put ourselves first when we are constantly serving others. Learning to 'compartmentalise' or, in other words, differentiate work from home is invaluable. Find a third space you enjoy between work and home, whether that's walking, reading, listening to music, or yoga. Do something daily you enjoy.

## WELLBEING CULTURE

The wellbeing of our staff is paramount, which is why we want to encourage a 'wellbeing culture'.

If you are a team leader, instil in your colleagues that it is culturally acceptable for us to look after ourselves and our wellbeing.

By giving and receiving gratitude and promoting positive work-life balance, we can foster a productive and psychologically safe environment for all.

## IN THIS TOGETHER

We are equipped with the knowledge and skills to get through this. Civility is not an option, it is an expectation, and we want to foster positive energy in our work environment every day. Support your colleagues. Recognise your achievements. Acknowledge when someone needs help. Teach someone a new skill. At the end of each day, no matter how small, ask yourself: 'What is one thing I'm proud to have accomplished today?'

## IN THE TIME OF COVID-19



Queensland  
Government