





- ✓ Please do **not share** identifiable private health information.
- ✓ Please identify yourself every time you speak.
- ✓ We will operate the muting and unmuting of your microphone.
- ✓ The Hospice Waikato Palliative Care TeleECHO clinic will provide registered nurses with 1-hour of professional development.

# Covid-19: Anxiety in the Workplace

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# Anxieties May Include:



FEELING OVERWHELMED  
AND HELPLESS TO  
ALLEVIATE THE PAIN OF  
OTHERS



FEELING MORAL DISTRESS  
THAT YOU'RE UNABLE TO  
PROVIDE OPTIMAL LEVEL OF  
CARE



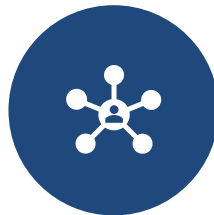
FEAR AND WORRY FOR  
YOUR OWN HEALTH AND  
THE WELLBEING OF YOUR  
LOVED ONES



UNCERTAINTY - NOT  
KNOWING WHAT TO EXPECT  
OR HOW LONG THIS CRISIS  
WILL CONTINUE FOR



LIMITED RESOURCES



SOCIAL STIGMA – BEING  
SHUNNED




FEELING YOU CAN'T TAKE A  
BREAK



TENDENCY TO CUT OUT  
SELF-CARE STRATEGIES

# It's Ok to Feel Anxious

- Anxiety is not dangerous or wrong – it's appropriate for what we are going through
- Anxiety enhances performance
- We need a level of anxiety to keep ourselves and others safe
- Not enough anxiety can be a problem



# When Anxiety Becomes a Problem

- Uncontrollable worry
- Obsessing
- Hyperarousal
- Excessive avoidance
- Panic attacks
- Significant distress
- Impairment
- Burn out
- Compassion fatigue
- Secondary traumatic stress

# Getting Through

- Recognise we are running a marathon not a sprint
- Acknowledge it's hard and it's ok to be worried
- Accept uncertainty
- Accept what you can and can't control
- Identify what plans and systems are in place to keep yourself and others safe.
- Communicate – Listen; keep talking; be empathic; encouraged to talk about feelings and concerns; provide up-to-date information; answer questions
- Recognise strengths
- Reassurance, affirmation and appreciation
- Regular team check-ins and/or a buddy system of support
- Maintain morale

# Make Wellbeing a Priority



Role model wellbeing



Take time to be in the moment – anxiety is often focused in the future – the ‘What ifs’



Take micro breaks throughout the day



Decompress



Introduce wellbeing initiatives – steps challenge; gratitude wall ....



Be kind to yourself too





# 10 TIPS TO REDUCE COVID-19 ANXIETY

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Focus on things you can control, such as your thoughts & behaviors.



Control how often you check the latest news.



Keep the big picture in mind, Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors & be a model for others, including children.



Let wisdom & logic guide you.



Feeling too isolated? Maintain digital connection with people

Turn to reputable sources for your news, not social feeds.



Don't let fear influence your decisions, such as hoarding supplies.

# References

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