

SELF-CARE FOR CLINICIANS

CONNECTION AND COMMUNITY



- **Join a group** aligned with your interests or values—either work-related or not.
- **Schedule regular check-ins** with friends, family, or colleagues. Even a short text strengthens connection.
- **Practice being more open with others.** Share a personal experience with someone if you feel comfortable, or ask someone a meaningful question and listen with curiosity.
- **Create rituals of connection** like a standing lunch, weekly peer consultation group, or morning walk with a neighbor.
- **Ask for help when you need it!**

SHIFT YOUR THINKING



- **Monitor your thinking.** When you get caught up in a cycle of maladaptive thinking, label your thoughts as unhelpful and ask yourself, “What do I want to be thinking about?” If it’s hard to focus on something else, do a brief mindfulness exercise.
- **Differentiate between productive and unproductive worry.** Productive worry is reasonable and rational. You identify a specific problem, think through potential solutions, and take action. Unproductive worry doesn’t produce what you view as a workable solution—but it does lead to greater anxiety.
- **Reflect on what is under your control** when you’re feeling overwhelmed. Feeling out of control of a particular situation can result in a general feeling of being out of control. Remind yourself that even if you can’t control the outcome of a situation, you can control how you respond. Align your actions with your values.

MENTAL AND PHYSICAL WELLNESS



- **Give yourself the gift of movement.** Even a 10-minute walk or gentle stretching can make a difference.
- **Get outdoors!**
- **Take care of your body.** Stay hydrated, practice good sleep hygiene, and treat physical illness promptly.
- **Disconnect from the news or limit scrolling** if it leads to distress. You can ask someone to let you know if something important happens that you need to be aware of.
- **Perform a random act of kindness.** Research on resilience has shown that giving to others has a significant impact on our well-being.