



Royal College  
of Nursing  
The Professional  
Association  
of the Nursing  
Profession

# Self-care during COVID-19

**Whilst the primary duty for protecting your health, safety and wellbeing at work lies with your employer, there are things that you can do to take extra care during these challenging times.**

- X Use strategies that have worked for you in the past to manage stress rather than learning new ones.
- X It is normal to feel sad, stressed or overwhelmed during a crisis. These feelings are no reflection on your ability to do your job.
- X Seek information updates, from trusted sources, at certain times of the day rather than a constant stream: [www.rcn.org.uk/covid-19](http://www.rcn.org.uk/covid-19) and [www.gov.uk](http://www.gov.uk)
- X Your stress levels and psychosocial wellbeing are as important as your physical health: [www.rcn.org.uk/healthy-workplace/healthy-you](http://www.rcn.org.uk/healthy-workplace/healthy-you)
- X Talk to people you trust or contact a counsellor: [www.rcn.org.uk/get-help/member-support-services](http://www.rcn.org.uk/get-help/member-support-services)