



Preparing to be Care Provider During COVID-19

These are unprecedented times. There's no road-map. We're facing conversations that we never expected—or wanted—to have. As you prepare for a challenging shift, reflect on how you can practice mindfulness, so you can make it through this with empathy, compassion, and sense of service intact. Stay safe.

- Before handling difficult conversations, take a moment for one deep breath.
- **Remember what you can do:** you can hear concerns, explain what's happening, help prepare, and be present. These are gifts.
- Can you look for moments every day where you connect with someone, share something, enjoy something? **It is possible to find little pockets of peace even in the middle of a maelstrom.**
- Check your own state of being, even if you only have a moment. If one extreme is wiped out, and the other is feeling strong, where am I now? **Remember that whatever your own**

state, that these feelings are inextricable to our human condition. Accept them, don't try to push them away, and then decide what you need.

- **When grieving someone you've lost, ask yourself** – Am I talking to myself the way I would talk to a good friend Am I letting everything get to me? Can I step into a less reactive, more balanced place even as I move into the next thing?
- As you end your shift, think about how you'll talk to your loved ones about your worries. **Worries are easier to bear when you share them.**

Our world needs you—your expertise, your kindness, your aspirations, and your strength. We're grateful you are here.

*VitalTalk is a 501c3 nonprofit social impact startup dedicated to making communication skills for serious illness part of every clinician's toolbox. Visit **vitaltalk.org** for additional resources.*