

Wellness Guide

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In Long-Term Care and especially with Covid-19, healthcare workers have had to deal with an increased number of palliation and end of life. This can lead to disenfranchised grief as they are having to quickly move on to the next occurrence after a death (Rahmani et al., 2023). Grief that is not processed can lead to negative health outcomes (Rahmani et al., 2023). In order to help healthcare worker's tackle negative health outcomes of not processing grief, I have created a wellness guide to help them take a moment to address factors of self-care that can improve their mental health.

Wellness Guide

Check off what you have done today!



HYDRATION



MOVEMENT



HEALTHY EATING



MINDFULNESS



GET OUTSIDE



SLEEP

Benefits & Tips

HYDRATION

- Gives you energy, helps digestion and prevents overeating
- Tip: add lemon, cucumber, strawberries or mint if you don't like plain water!

MOVEMENT/EXERCISE

- Take a short break to stretch
- Incorporate physical activity outside of work eg. yoga, running, walking

HEALTHY EATING

- Limit processed foods, pack healthy snacks
- Eat healthy grains, fresh veggies and fruit, healthy proteins and fats

MINDFULNESS

- Mindfulness and breathing exercises can help reduce stress
- Tip: apps such as 'headspace' can help to guide you through a short meditation

GET OUTSIDE

- Being in nature is proven to reduce stress levels
- Tip: Eat lunch outside if the weather is nice!

SLEEP

- Helps mental health
- Establish a consistent sleep schedule
- Tip: Limit phone use, caffeine and alcohol before bedtime

Resources

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