

Do's and Don'ts For Frontline Workers and DM Professionals

- Acknowledge that it is normal to experience high levels of stress and anxieties by DM workers during these times and it is by no means a sign of weakness or a reflection on your ability to do your job.
 - Acknowledge that tiredness, irritability, unhappiness, feeling 'low', sleep difficulties, lack of interest in usual activities, unexplained body aches and pains are normal reactions in stressful situations and most colleagues will feel the same way.
 - Apart from physical health, take care of emotional and mental health during these times by employing positive coping strategies such as getting enough sleep, engaging in physical activities, finding respite time during work or between shifts, eating meals (ideally, healthy food, on a schedule) and staying in contact (with appropriate social distancing) with family and friends.
 - Ensure that you wear adequate protective gear depending on the task given to you.
 - Avoid using unhelpful coping strategies such as substance abuse.
 - Speak to your co-workers. It will reduce feelings of isolation and give a sense of mutual understanding and support. It will also reveal that most of your colleagues are in the same boat.
 - Try to maintain routines with families and significant others as it gives a break from work and helps to reduce overall stress.
 - Monitor yourself for symptoms of depression/stress disorder such as prolonged sadness, difficulty sleeping, intrusive memories and/or feelings of hopelessness. Talk to a trusted colleague or supervisor. Be open to seeking professional help if symptoms persist or worsen over time.
 - Be fortified by remembering the importance and meaning of your work. Remind yourself that despite the current challenges and frustrations, yours is a noble calling – taking care of those in need in a time of great uncertainty. Make sure to take time to recognize the efforts and sacrifices made by your colleagues.
-