



World Child Cancer
No child should suffer

Healthcare Professionals:

Developing & maintaining your levels of Resilience during the COVID19 outbreak

Consider strategies around these 10 Resilience characteristics

Self Belief



1. Feeling stressed/anxious at this time is normal. It is not a reflection that you cannot do your job or that you are weak
2. Take time at the end of each day to recognise what you and others have achieved & the difference you have made to people's lives

Optimism



1. Seek out positive stories of people who have recovered from COVID19
2. Limit the amount of time you spend watching news and social media. Only use trusted sources of information

Clear Sense of Direction



1. Create new routines and schedules to fit in with the current situation
2. Regularly review your current direction, can it be improved or adapted to take account of current demands?

Proactive



1. Anticipate upcoming events and problems and plan for them
2. Avoid delaying decisions that need to be made and try to act promptly when required

Adaptable



1. If asked to work on a different ward, focus on the transferrable skills that you can apply in the new situation
2. View new situations as an opportunity to learn and develop new skills

Flexible



1. Avoid setting firm or fixed plans, be prepared to change your working pattern at short notice
2. Be prepared to change the way you are working if asked

Problem Solving



1. Consider strategies and solutions you have used in the past - can they be applied to the new situation?
2. Remember, it is okay to ask others for help with solving a problem

Emotional Control



1. Allow time to compose yourself. Remember to take breaks particularly when feeling overwhelmed
2. Don't ignore the emotional impact of your work. Reflect on your feelings and emotions and discuss with others

Support Networks



1. Make regular contact with family and friends
2. Seek support from colleagues - it is not a weakness to ask for support
3. Offer support to colleagues - you can gain strength from helping other people

Balanced Lifestyle



1. Be kind to yourself
2. Find time to rest, eat well and take exercise
3. Practice activities that make you feel calm and grounded, for example meditation, prayer or reading

For further advice and support email:

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