



HOW TO PROTECT YOURSELF EMOTIONALLY WHEN DISASTER STRIKES



With recent life-changing events filling hospitals across the globe and patients experiencing severe, life-threatening trauma, it's our job to care for them.

But, dealing with high doses of human pain and uncertainty are enough to put any clinician's emotional health at risk. Not only do those affected by healthcare pandemics, acts of violence, and natural disasters feel the strains, but the sense of fear and concern can cause anyone to experience distress.

Here, you will find helpful tips to maintain your health as you continue saving lives:

- 1. Plan regular disaster drills** - Doing this will help your team members feel confident and prepared when such events occur.
- 2. Practice professional detachment** - While compassion and empathy are needed to provide care, they must be doled out in measured doses – a lot of emotional demands are required in this career.
- 3. Unpack the experience and debrief the team** - Unpack emotionally, talk about your actions and move forward.
- 4. Seek professional help** - Clinicians sometimes need to seek professional counseling and support. Everyone deals with traumatic experiences differently.
- 5. And lastly, maintain perspective and stay positive** - Always remember the difference you make in people's lives!

Clinicians and patients alike are at a high risk of suffering physical and psychological injury. These 5 tips can help hospital staff take proper steps for self-care during these stressful times.

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