

The Coping Card



Sometimes things get stressful. Be kind to yourself, remember that we're all doing the best we can, and try some of the following quick coping strategies.



Basic Needs:

Take care of your body.

- Drink water. Eat well.
- Move around or exercise.
- Sleep or rest.
- Take one deep breath, in through your nose and out through your mouth.



Self-Talk:

- Celebrate small wins.
- Think of one good thing you're grateful for.
- Practice self-compassion. Say: *I care about helping people, and I'm doing the best I can in a difficult time.*



Grounding:

Check in with your body, and be in the moment—right here, right now.

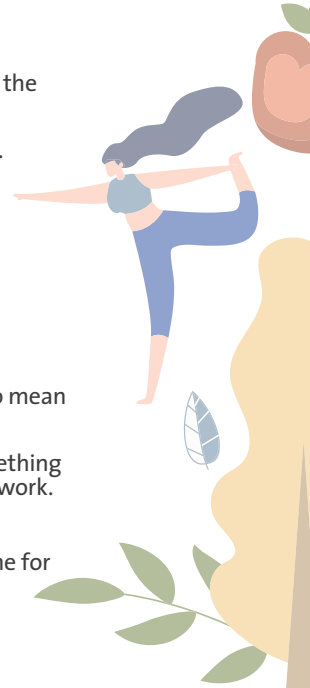
- Feel your pulse for 15 seconds.
- Wiggle your toes.
- Stretch.
- Go outside if you can.



Connection:

Physical distancing doesn't have to mean emotional distancing.

- Talk with a buddy about something you care about, unrelated to work.
- Text a loved one to check in.
- Once each day, thank someone for their contribution.



Caring for our patients, their loved ones and each other starts with caring for yourself.



This card has quick ideas for how to sustain yourself through any tough time.

For additional resources,

please scan the QR code at right or visit bit.ly/dukewellssupport



- Duke Emotional Support and Well-Being Line:** 919-681-1631
- Personal Assistance Service (PAS):** 919-416-1727
- Employee Assistance in Raleigh and surrounding areas (Business Health Services):** 1-800-327-2251
- Employee Occupational Health and Wellness (EOHW):** 919-684-3136
- National Suicide Prevention Lifeline:** 1-800-273-TALK