

Self-Care for Diabetes Care and Education Specialists

During the **COVID-19** Pandemic

You give your all to clients, but don't let your own self-care get lost in the process.

Whether you are working in an outpatient or inpatient setting, a large system or small practice; it's critical that you find ways to recognize and reduce secondary traumatic stress (STS) reactions.

Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).



Allow time for you and your family to recover from responding to the pandemic.

Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising or reading a book.



Take a break from media coverage of COVID-19.

Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and clients as you did before the outbreak.



Remind yourself of these 4 self-care tips:

- 1.) It is not selfish to take breaks.
- 2.) The needs of others are not more important than your own needs and well-being.
- 3.) Working all of the time does not mean you will make your best contribution.
- 4.) There are other people who can help in the response.

Connect with Peers

Connecting with other diabetes care and education specialists for advice and support can be a great way tool to manage stress and anxiety. ADCES Connect gives you the chance to network with ADCES members across the nation and discuss important topics relevant to the COVID-19 pandemic, as well as exchange resources and practical guidance.

For more information, visit [ADCESconnect.org](https://www.adcesconnect.org)



For additional guidance and tips, visit [DiabetesEducator.org/COVID19](https://www.DiabetesEducator.org/COVID19)