

## **Coping with Moral Distress**

- **1.** Start each day by remembering that your intention is to offer compassionate, competent care.
- **2.** Notice sensations in the body that are signaling that you are in distress. Pause and take a few full breaths.
- **3.** Create a buddy system for each shift and check in, even briefly, with your buddy regularly through your shift.
- **4.** Think of how much a loved one cares for you every time you wash your hands.
- **5.** Recognize that circumstances, not you, may produce harms.
- **6.** Everyone, including you, is just doing the best that one can do.
- 7. Be kind to others and yourself whenever possible.
- **8.** Designate someone on each shift to offer a brief appreciation at the end of the shift to those who have served. Preferably the acknowledgment and appreciation can be observed by at least one other person.
- **9.** When you leave work, take good care of your body, mind and spirit. Sit in silence to allow your soul to catch up with you.

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The Witness to Witness Program | <u>https://www.migrantclinician.org/witness-to-witness</u>

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