

Coping with Moral Distress

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The Witness to Witness Program

<https://www.migrantclinician.org/witness-to-witness>

- 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.