

Helping *the* Helpers

You can start by helping yourself!

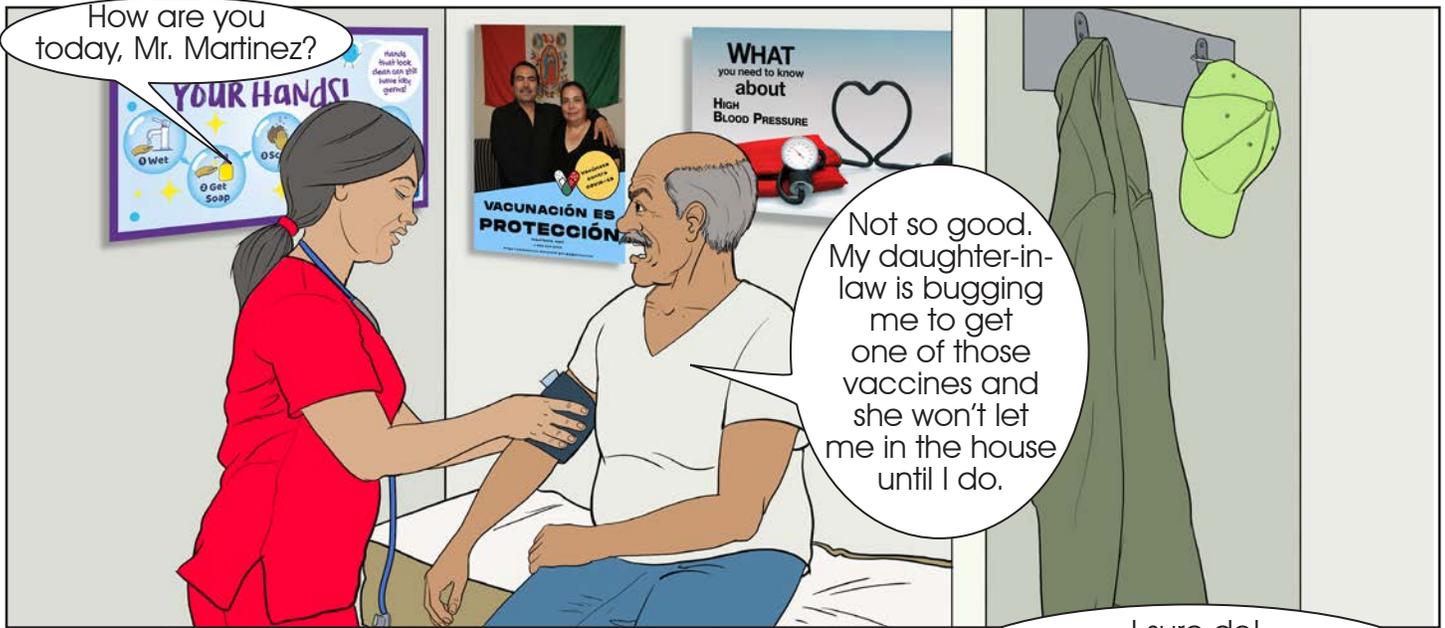


MIGRANT CLINICIANS NETWORK



THE *witness to witness* PROGRAM

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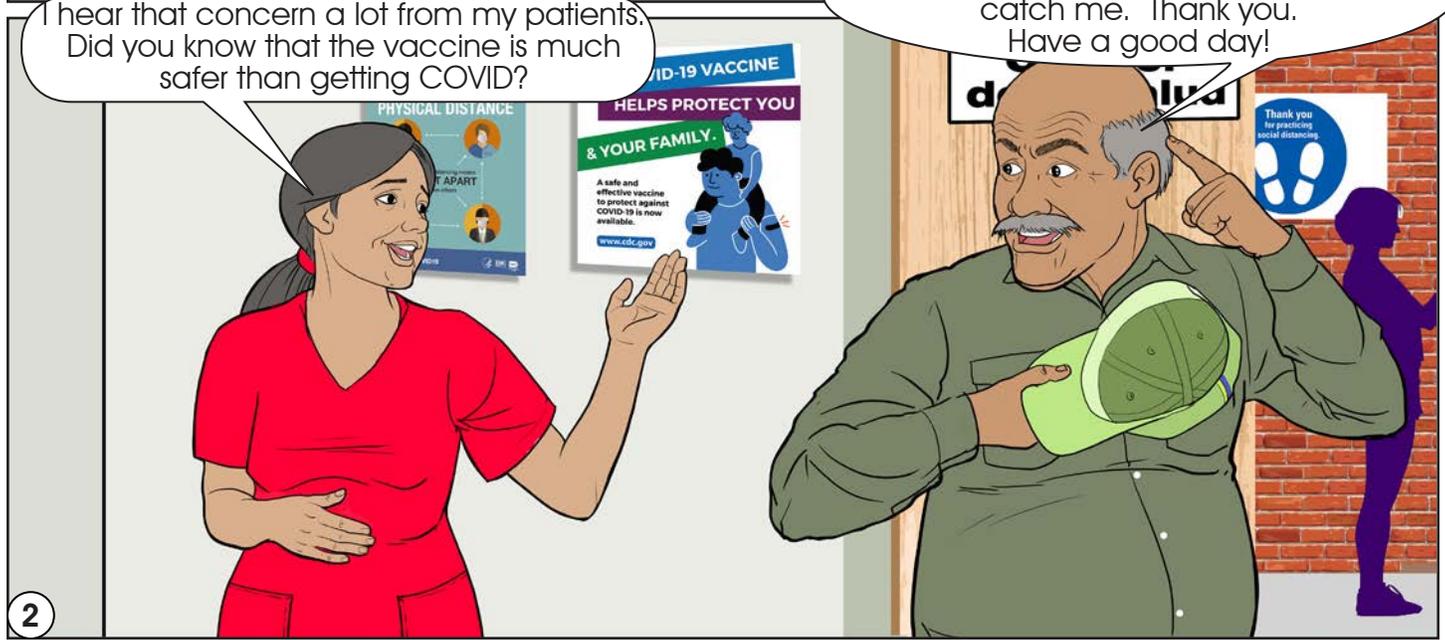
How are you today, Mr. Martinez?

Not so good. My daughter-in-law is bugging me to get one of those vaccines and she won't let me in the house until I do.



That must be tough for you. Do you have concerns about the vaccines?

I sure do! They built it too fast! Who knows what it will do to you?



I hear that concern a lot from my patients. Did you know that the vaccine is much safer than getting COVID?

I won't get it; I'm too smart and stubborn for a virus to catch me. Thank you. Have a good day!

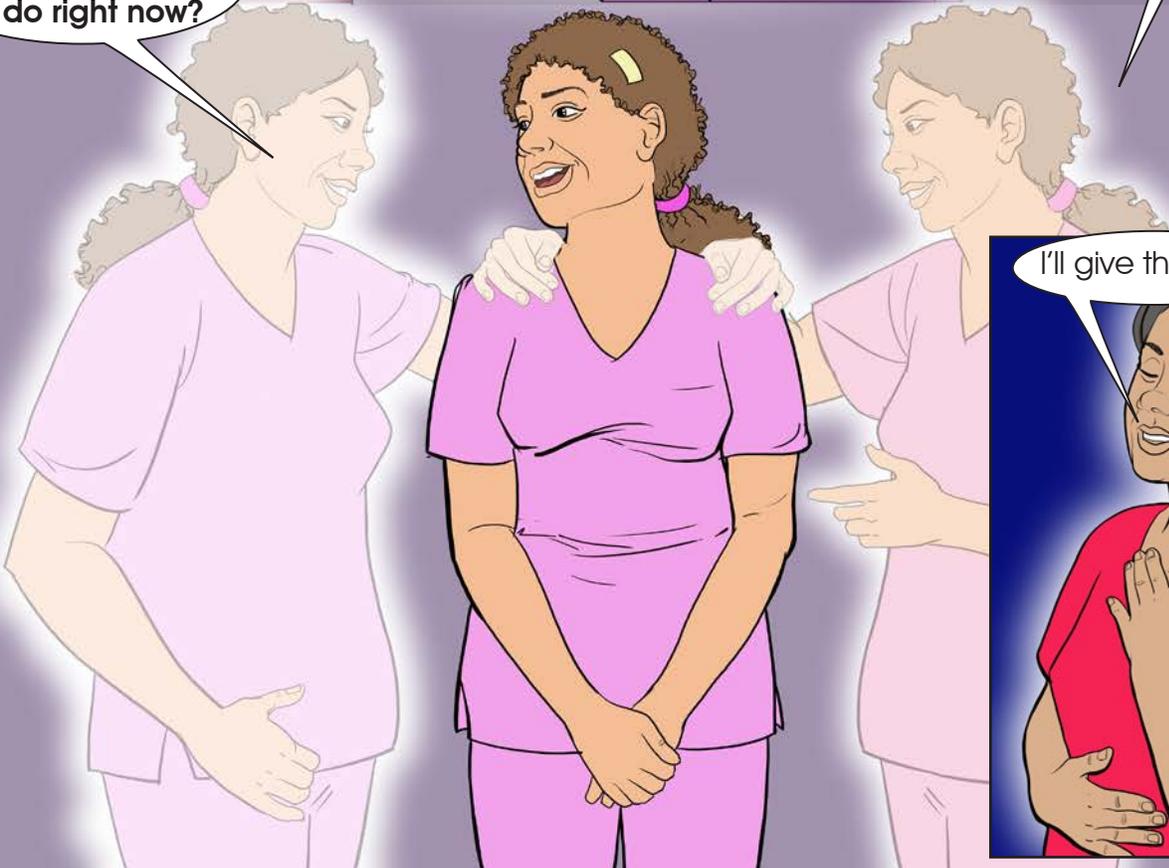
Maybe sometimes I do, but not every day.



You know what I say to help me take care of myself. I say, "What would you tell your best friend to do right now?" Then I ask myself, "What can I do to feel better?" Both questions help me a lot. I sleep better and enjoy work more when I treat myself the way I would want my best friend to treat herself. What do you say?

What can I do to comfort myself?

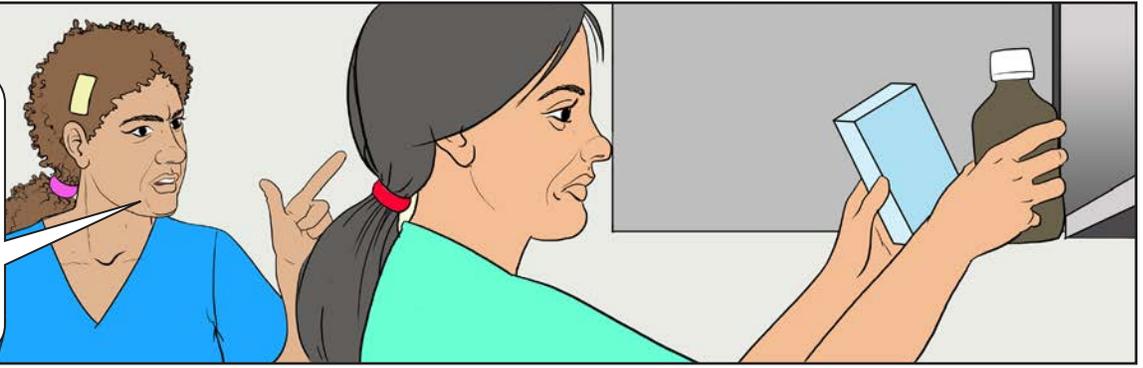
What would you tell your best friend to do right now?



I'll give that a try.

days later:

So, how's it going?
Ah, oh. I think I can see. Not so good still. I have a feeling you're not doing for yourself what you would tell your best friend to do. Am I right?



I thought about what you said, but then my mother needed help and my kids were at me. I did an over-time shift to help out here and... I guess I could go on.

WE NEED YOUR HELP, COULD YOU STAY A FEW EXTRA HOURS?

don't forget that you have to take me to...

MAMA!!!!

MOMMY!! I NEED HELP WITH MY HOMEWORK





It sounds like you didn't even make it last on the priority list. You weren't even on it!

I guess I always say to myself you're fine; just put that next foot in front of the other.

This week, when you say that to yourself, I want you to switch it around and imagine you're talking to me, your colleague and friend. Imagine I came to you exhausted and now you say to me...

YOU CAN DO IT

YOU'RE TOUGH

JUST PUT ONE FOOT IN FRONT OF THE OTHER AND KEEP GOING

GIRL, YOU'RE FINE. C'MON



Hmm. You have a point. It doesn't sound so good when I imagine saying that to you, so I guess...hmm, maybe it's not OK to say it to myself. Hmm. I need to think about that.

Listen to music you like

Take a short nap

Go for a walk

Take a hot bath or shower

Look at some photos of past good times

Drink a cup of tea or coffee

Stretch

Look closely at a flower

YOU'RE TOUGH

YOU CAN DO IT

JUST PUT ONE FOOT IN FRONT OF THE OTHER AND KEEP GOING

GIRL, YOU'RE FINE C'MON

one week later:

"And what will make you feel better today, my friend?"

