



**FRESENIUS
KABI**

caring for life



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Wintering the Pandemic Reflections

- 1 What can we do to help ourselves?**
 - Attitude (this is not permanent, it's our 'normal for now' rather than our new normal)
 - Micro-breaks
 - Take extra care of wellness basics (nutrition, movement, fresh air, sleep, rest, connection)
 - Acknowledge what you've done already
 - Stay Connected (How? Adapt – find ways to nurture your relationships)
- 2 Find a project (if relevant)**
 - Scheduling goals – gives meaning and helps time pass
- 3 Ask for help if you need**
 - Talk to a friend or family member
 - Not fix, just listen
 - Employee assistance programme also an option
 - Important and normal to share how you feel

Remember

One day the pandemic will all be behind us, now is about nursing ourselves through, one day at a time