**Why Do Self-Care?**
- Decreases burnout
- Builds both confidence and compassion and makes us better providers
- Models healthy behavior for our patients and family members

**How Do We Do Self-Care?**
- Have a daily routine
- Connect with others who provide comfort, joy, or understand work-related stressors
- Always make time for activities that bring pleasure
- Limit caffeine, alcohol, other drug use
- Learn something new unrelated to the job
- Establish boundaries as needed

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**Helping Your Patients**
- Listen to your patient’s emotions and the intensity of that emotion.
  - Reflect the emotion back, showing they have been heard.
- Recommend healthy behaviors such as:
  - Healthy food, adequate water
  - Exercise
  - Sleep
  - Doing things that are joyful
  - Decrease time spent on news and other media
- Refer to Behavioral Health resources.

**Behavioral Health Resources for CHA/Ps**
- AK CrisisLine Contact Info: 1-877-266-HELP (24 hours a day)
- ANTHC CISM Contact Info: 907-729-8250 or CISMteam@anthc.org (Monday-Friday 8am-4pm)
- CHAP Weekly Update CE resource folder: Distance Learning Network

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**Continuing Education** [AKCHAP.org](http://AKCHAP.org)

**Next Session:** May 6 at 12:10 pm.; Karissa Carroll from Tanana Chiefs Conference will present tips on home visits during the COVID-19 epidemic.

**New CE Courses**
- Emergencies in Pregnancy
- Respiratory Problems
- Clinical Breast Exam and Hormone Medicines
- Newborn
- Emergency Preparedness

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*Thanks to Dr. Lucia Grauman Neander for her presentation on April 29, 2020.*

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*Let us know what you think! [aka-CHAPCOVID-19weeklyupdates@anthc.org](mailto:aka-CHAPCOVID-19weeklyupdates@anthc.org)*

*Send questions for presenters and each other, and suggest topics for discussion.*

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*“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have.”
~ Margaret Mead, anthropologist*