

Ask for help

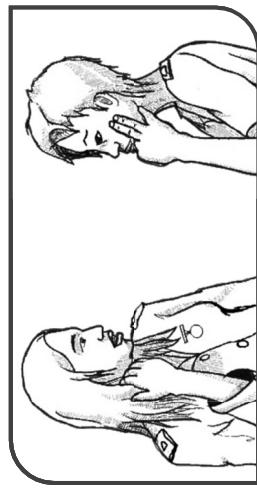
Speak to someone you trust when you feel anxious, sad or stressed. Talking about your feelings can help you feel better. Ask your supervisor or manager for help in identifying support services, such as counselling. This leaflet includes contact numbers to counselling and support services.

Take time out

We all need time to relax. It helps to take time to be alone, to reflect, to sit quietly, breathe deeply or to listen to music as a relaxation technique.

Identify your support networks

- Do you have a close friend, colleague or family member you can talk to?



Get enough sleep

Lack of sleep can impact on your functioning, your mood, and how you are able to cope with stress.



Pay attention to your physical wellbeing

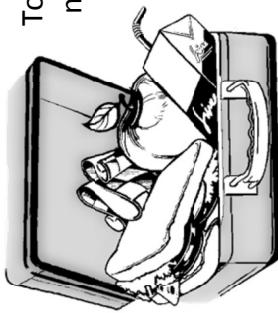
Identify what happens to your body when you feel sad, stressed or angry.

- Do you get headaches?
- Do you experience gastro-intestinal problems?
- Does your back ache?
- Do you become forgetful?
- Do you feel less able to make decisions or concentrate?
- Are you tearful or irritable?



Pay attention to your nutrition

Try not to skip meals. Pack a lunch to take to work. Healthy meal choices can give you energy.



Remember to drink enough water.

Take a walk

Time outside in the fresh air can be relaxing. Step outside for your tea break, or take a walk after work with a friend, colleague or relative.

- Can you visit your church?
- Can you join a group activity or support group in your neighbourhood?
- Do you make time to socialise outside of work with friends who are supportive, positive and have healthy habits?
- Avoid people who are critical, judgemental or negative.

Perinatal Mental Health Project

ICAS Caring for mothers. Caring for the future.

- All health workers, and their dependents, have access to the ICAS employee wellness service
- Counselling in all official languages
- By telephone: 24 hours a day
- Referral to face-to-face short-term counselling

Toll free: 0800 068 6858

SADAG (South African Depression & Anxiety Group)

- Referral to psychologists, psychiatrists or support groups by trained counsellors

011 262 6396 or 0800 20 50 26
7 days a week from 8am – 8pm

Cape Mental Health

- Counselling and support services

021 447 9040

Lifeline

- Support for personal crisis, trauma, abuse or rape

Toll free: 0861 322 322

FAMSA (Family & Marriage Society of SA)

- Counselling for couples and families

Observatory: 021 447 7951
Khayelitsha: 021 361 9098
Mitchell's Plain: 021 372 0022

Mosaic

- Healing centre/shelter for women and children
- Legal support (domestic violence cases, protection orders, maintenance orders)

Wynberg: 021 761 7585
Toll free: 0866 518 662

Saartjie Baartman

- Shelter for abused women and their children

Manenberg: 021 633 5287

The nurse is the single most important frontline health worker in South Africa.
Without nurses the clinics, community health centres and hospitals cannot function.

Health Systems Trust, 2007

Self-care strategies for health workers

The maternity setting can be a stressful environment. As a health worker, you may be faced with limited resources, staff shortages, long working hours and task overload.

In this environment, it can be very difficult to stay motivated. Sometimes, you may feel like there is no-one to support you or listen to your concerns. But it is very important to be able to manage work-related stress in order to 'be there' for your patients. If you do not feel cared for, it can be very difficult to care for others.



Nurses deliver 90% of all healthcare services.
Partners in Health, 2013



Where do I leave my problems to be able to care for others?
Enrolled Nursing Assistant, Cape Town

This leaflet gives you a few easy examples of how to care for yourself and get the support you need.