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!
How much longer will I have to put up with this?

Boy, you look like something the cat dragged in. What’s the matter?

I spend all day trying to help my patients stay safe and healthy but when they won’t listen, it wears me out.

I know what you mean. Are you sleeping OK? Getting exercise? Eating healthy foods? We have to do those things to take care of ourselves so we can take care of our families and our patients.
Maybe sometimes I do, but not every day.

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

What can I do to comfort myself?

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?

I’ll give that a try.
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?**

**MAMA!!!**

**don’t forget that you have to take me to...**

**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.

one week later:

“And what will make you feel better today, my friend?”
WHAT ARE YOU GOING TO DO TO TAKE CARE OF YOURSELF?

If we help others, how do we take care of ourselves?

BASIC CARE TO FEEL GOOD

Sleep well
Do exercise
Eat healthy

We must take care of ourselves so we can take care of our families and our patients.

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