



## Coping with Harm from Conflicting Values

1. Start each day by remembering that your intention is to offer compassionate, competent care.
2. Notice sensations in the body that are signaling that you are in distress. Pause and take a few full breaths.
3. Listen for your internal self-talk. If it is harsh, judging you negatively, blaming or shaming you, kindly tell that inner critic that you and everyone else are doing the best they can under challenging circumstances.
4. Create a buddy system for each shift and check in, even briefly, with your buddy regularly through your shift.
5. Think of how much a loved one cares for you every time you wash your hands.
6. Recognize that circumstances, not you, may produce harms.
7. Repeat: Everyone, including you, is just doing the best that one can do.
8. Be kind to others and yourself whenever possible.
9. Designate someone on each shift or at the end of a work day to offer a brief appreciation to those who have served. Preferably the acknowledgment and appreciation can be observed by at least one other person.
10. When you leave work, take good care of your body, mind and spirit. Sit in silence to allow your soul to catch up with you.

**Kaethe Weingarten, Ph.D.**

*The Witness to Witness Program* | <https://www.migrantclinician.org/witness-to-witness>