

SOLUTIONS FOR INDIVIDUALS

Moral injury results from the inability to care for patients the way you know is possible, or could be possible, with appropriate anticipation and preparation of resources. It also results from conflicts between your own needs for safety and a patient's need for care. While organizational leadership bears the primary responsibility for addressing the circumstances which make moral injury more likely, we believe it is also useful for individuals to have things they can do to optimize their ability to cope with the situation, while leadership is addressing challenges from an organizational perspective.



Take Care of Yourself



Maintain Your High Performance Machine
Eat, sleep, hydrate, move, flex.



Remember Your Purpose
In the midst of crisis, a guiding purpose is grounding. There is no more vital purpose right now than taking care of those in need, and supporting those who do.



Grieve
The grief of losing those close to us, or patients in our care, is obvious. But disrupted routines, social interactions, and the sense of a predictable future are losses, too. Give yourself permission to grieve, if those feelings break through.



Forgive Yourself
When resources - of staff, stuff, or space are limited, you may not be able to provide optimum care for every patient. Do whatever you can with the resources you have.



Take Care of Each Other



Battle Buddies
Find an individual or a group you trust, and support each other.



Push Back
Beware of managing for public relations. This is no time to make decisions based on what looks good. Safety, science, and resources should be the only drivers.



Respite/Rotate
Work with your team to get breaks—time outs, days on different/less intense assignments, etc.



Check-ins
Staying connected is important, even from a distance. Quick check-ins with friends, family, and colleagues can offer support and reduce isolation.



Make Change
Identify opportunities to address challenges. Work with colleagues across the frontlines and senior leadership to bring change.



Escape in Place



Practice Gratitude
Notice, post, or write down one thing you are grateful for every day. Noticing and sharing are both helpful.



Create - Get Out of Your "Left Brain"
Take photos, draw/paint/sculpt, cook, other (low risk).



Distract - Concentration May Not Be Optimal. That's Ok.
Play games (video games, cards, board games), watch movies, read fiction/poetry/escapism.