



COVID-19



Junta de Andalucía
Consejería de Salud y Familias
SERVICIO ANDALUZ DE SALUD

**HOSPITAL
UNIVERSITARIO
CLÍNICO SAN CECILIO**

Support service for taking care of emotional health of our professionals

As healthcare workers, we are used to deal with alert situations on a daily basis and have acquired multiple personal resources, in addition to strengthening our ability to recover (resilience). However, we are humans and may undergo emotional issues during the pandemic crisis caused by the coronavirus (COVID-19).

The San Cecilio Clinical Hospital (Granada, Spain) offers this additional support for the **care of the emotional health of our professionals** and help them cope with emotional situations.

Key principles to regulate our emotions



- 1 Share your emotions with family and friends. Talk to them, they will listen and support you.
- 2 Your co-workers will understand you better than anyone else. Communicate with them. Peer support is a powerful tool, use it!

Relaxation tools

Sometimes, basic measures are not enough and alert situations are not always relieved this way. A large number of meditation and relaxation audios are available in the Internet, but when we arrive home from a day of work we are too tired to decide which to choose.



Basic tips for an emotional balance

1 Sleep



Good eating habits 2



3 Rest



5



4



Moderate-intensity exercise

Disconnect from time to time (avoid being over-informed)

Contact channels for personalized care

Corporate email:

cuidaralprofesional.hucsc.sspa@juntadeandalucia.es

Information you must include in your email:

1. Name
2. Contact telephone number or email address
3. In few words tell us what you need and describe your symptoms

We will contact you

Telephone: **693704** (corporate) or **671593704**

Generally from Monday to Friday between 9:00 a.m. and 2:00 p.m.

If you experience symptoms such as intense anxiety, insomnia, or disproportionate rage and none of the above-recommended basic tools help you