

## Closing Rituals for Each Work Day

The Coronavirus 2019 (COVID-19) outbreak has been stressful. For many, this has resulted in fear and anxiety, as well as changes in sleeping, eating, and/or concentrating. These reactions may be even more pronounced for Cleveland Clinic caregivers working diligently to respond to this pandemic disease.

Closing rituals are designed to bring closure to the day's experiences, moving forward with less stress and more focus. The checklist below provides guidance on developing a ritual that's all your own.

- Take a moment to think about today's events.
- Acknowledge one thing that was difficult, and move to let it go.
- Consider three things that went well today, or about which you are proud.
- Be honest with yourself about how you are feeling.
- Check in with your workplace supports to discuss your feelings and thoughts.
- Check in on your teammates to determine how they are doing, and offer support.
- Switch your attention to life outside of work, with greater preparedness to rest and recharge.
- Continue to positively shift your focus and energy during your commute home, gently redirecting your energy away from the duties of the day.
- Maintain your connection to family and friends, engage in hobbies, and attend to your sleeping, eating, and exercise.

As a Cleveland Clinic caregiver, it is important to care for oneself in order to best care for others. Do not let stigma or shame prevent you from reaching out for support when needed.

Cleveland Clinic's [Caring for Caregivers](#) program offers expert, confidential, and free support. Services include in-person and virtual appointments, as well as telephonic support.



Contact Us

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<http://portals.ccf.org/caregivers>